

# Miscellanea

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The Quarterly Mattishall People's Magazine Spring 2024 Issue 98

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*– Robin Williams*

**Date for your diary – Sunday, 9th June, see page 4 for further details**

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## Brainteasers March 2024

### Brainteaser 1 of 5

Stephen earned £1,224.45 per year two years ago.  
His salary increased by 1/4 last year, then fell by 1/5.  
How much does he earn now?

*Answer inside back cover*

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# Miscellanea

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# From the Editor

I woke up this morning to sunshine and blue skies. It doesn't matter how cold it is but if the sun is shining it lifts the spirits and makes you feel so much better. Even better when I have good news to write about.

Firstly, the next whole village event – Mattishall Commemorates the 80th Anniversary of D-Day on Sunday, 9th June. See page 4. There will be something for everyone and it will start the week before when the Treasure Hunt maps will be available. The aim is to have clues around the village, anyone can take part and it will culminate at the Sports & Social Club on 9th June. Maps will be available at the Post Office and distributed to youngsters at the school but you don't have to be young to take part! Further information will be displayed on Facebook and Nextdoor and posters around the village.

Then we have Su McKinnell – a tower of the community. Su has been involved in various community projects over the years and still is but she has given over 40 years to the Scouts and for that received a well-earned award for "Service of a most exceptional nature". We are fortunate to have someone like Su in our community and thank her for all she does. See page 33.

Last issue I introduced a new contributor to Miscellanea, Richard Walton, and this issue I'm pleased to announce that Ray Taylor, owner of the Mattishall Village website, has agreed to allow me to include extracts from his website. I love learning about my surroundings and since moving to Mattishall I have spent many hours reading articles and reports on Mattishall Village website, it contains so much information about the history of the village. We will start our history lesson in this issue by learning a bit about the Swan pub see page 17 and subsequent issues will work around the village offering insight into bygone times.

Lastly, a reminder that the YMCA offer activities for the youngsters in the village on a Friday evening. If you know someone between the ages of 6 and 16 – please point them in the direction of the adverts on page 18 and encourage them to attend. We are lucky to have such a provision in the village.

Anne

## Just a bit of history...

The 466th Bomber Command was stationed nearby at Attlebridge (actually Frans Green the other side of the A47). They played a big part in the D-Day raid. The 466th Bomber Command lost 333 service men, with 171 taken Prisoners of War from March 22nd 1944 to April 25th 1945. Some of the American service men often visited Mattishall on a weekly basis to attend the Methodist Church and other facilities. A few of the church members opened their homes after the services and shared what little food they had for supper, rationing was in place but the American's embraced the hospitality. My wife's Grandparents house, became a main meeting place until the Americans returned home and the airfield was turned into a POW camp. Over that time lasting friendships were formed, friendships which went on through to their children, even to this day. The American service men would bring sweets and chocolates and other goodies for the children which at that time were things many children could only then dream of.

On August 18th 1944, following the attacks the Americans opened their gates for a dance in the Northern Hanger. It is said over 10,000 people danced to the live music of Glenn Miller and his band who had flown in (Glenn Miller was killed the following December). They were accompanied by Rudy Starita's Orchestra and film star Col. James Stewart - just another little snippet, Glenn Miller said he didn't want any pictures taken, however, Capt. John Woolnough talked him into one so he could send it home to his brother and, so this did not create a precedent, the only place they could find unnoticed was the toilets!! One of the late 466th command servicemen sent me a copy. For more information: <https://www.mattishall-village.co.uk/466-1.htm> **Ray Taylor**



Anne Jackson



Glenn Miller & Capt John Woolnough

**MATTISHALL COMMEMORATES**

**80<sup>TH</sup>**

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MATTISHALL CELEBRATES PAGE & NEXT DOOR**

# MATTISHALL COMMUNITY HUB



MCH launched a bright, new look at the first session of the year in February. Our eye-catching logo, designed in collaboration with MCH members Martin Dacre and Hazel Goodall, represents the hub of the community 'wheel' and we hope that it will soon become a familiar sight around the village and on social media.

It was great to see so many people at our February meeting as we also held our very first AGM. The agenda included reflecting on how the project has been going since our initial taster sessions back in October 2022 and looking forward towards our plans for taking MCH into 2024 – and beyond! We were very pleased to welcome Breckland Community Enabler, Lorraine Varney, who is a great supporter of MCH as well as hearing from MCH member, Hazel Goodall, about the proposed Mattishall Community Allotment. We hope that MCH will be able to link in with this worthwhile project as it develops. We also held a raffle raising a splendid £75.00 to donate to the fund for the Memorial Hall's new Play Area which will be a great addition to the village.

We are very excited about the possibilities that lie ahead for MCH especially as we have now secured funding from Breckland Council's Spark Fund and, more recently, the National Lottery's Awards for All. Also, while we were saddened to learn that The Mattishall Society has come to an end after serving the village for over 50 years – an amazing achievement - we are extremely grateful that they have kindly chosen to include us in their donations to local community projects.

Over 80 people have now attended at least one of our sessions and we have a regular attendance of around 25-30. We hope to reach more people in the coming months with plans for a leaflet distribution but we also rely on word of mouth so, please, do spread the word!. As well as our regular social sessions we have organised The Big Afternoon Tea for the King's Coronation, a Table Top Sale, a fund-raising event for Breast Cancer Now as well as two Christmas special sessions with seasonal stories from member Roisin Murray and music from members Sally & Paul Barrett and SqueezeEast.

Now we just need to know what other community events our local residents would like to see in the village that we might be able to facilitate. We would really like to encourage all ages so any suggestions will be very helpful. Following the AGM, we have set up a 'Volunteer Bank' as, although the new funding will enable us to organise more community projects and events in the future, we will also need more 'hands on deck' to make them a success. If you would like to join our list of willing volunteers, please email us, we'd be thrilled to have you!.

MCH's next major event will be as part of the whole village commemoration of the 80th D-Day Anniversary on Sunday 9 June. Plans are in progress but we can safely say that tea and cake will be involved! We really hope to see a big turnout on the day so, please, make sure that you put the date in your diaries. Meanwhile, for anyone who may be lonely, isolated, bored or would like to meet more Mattishall (and nearby)

residents, our usual sessions continue with free refreshments, fun quizzes, Give & Take Table (swap one item e.g. plant book, puzzle etc. for one other item on the table - optional) and lots of chat! We normally meet on the first Tuesday of every month but our next session will be on Tuesday 9 April to avoid being too close to Easter. You'll be assured of a very warm welcome but If you haven't been before and feel unsure, please, do email us and let us know how we can help.

For more information, to offer suggestions or to join our Volunteer Bank, please contact us at [mch23@btinternet.com](mailto:mch23@btinternet.com)

**Helen Brook** (Project Coordinator)

**MATTISHALL COMMUNITY HUB**  
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MCH is an independent project supported by Breckland District Council & **COMMUNITY FUND**

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**Easter Sunday Family Funday**

**MARCH 31ST**

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**Cookie Decorating 2.15-4pm**  
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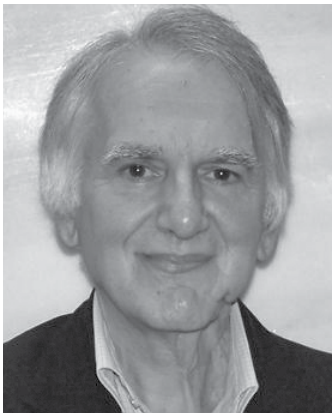
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John Norton

## Episode 7

# THANK YOU FOR THE MUSIC

My love affair with music began in the mid 1950s when, as a 7-year-old, I learnt to wind up our gramophone and play my dad's 78 rpm records. I was intrigued. My favourites were songs from the deep south of the USA by people like Paul Robeson. "Ol' Man River" and "Lazybones" remain in my top 100. This was really an early introduction to blues music which has been a constant source of solace ever since. I still have my father's collection of some two hundred 78s. The question is what to do with them now that I've run out of needles.

My elder sister got me into the new fangled Rock 'n Roll much to my mother's disgust and I was infatuated by the Buddy Holly, Bill Haley and early Elvis era. I still vividly remember the outpouring of grief in 1959 "the day the music died" when Buddy was killed in an air crash.

By 1960 vinyl 45 rpm single records and "long players" had arrived and the family collection began. Roy Orbison's "Crying" album became a constant on our brand new record player which could play a stack of 10 singles one after the other. The first single I bought was "Brown Eyed Handsome Man" by the now deceased Buddy Holly. That began a few years of going to a record shop in Dereham on a Saturday and spending pocket money and income from blackcurrant picking on buying singles at 6s and 8 pence each which worked out at three for a pound. Yes, it taught you maths as well.

By 1964 the 60s pop music boom was at its peak abetted by the wonderful pirate radio stations. Radios Caroline, London and 390 became a staple diet replacing the likes of Jimmy Savile, of all people, on Radio Luxembourg. The pirates broadcast from small ships wallowing in the North Sea off the Essex coast while Radio 390, which had its home on an old fort in the Thames estuary, had the Sunday evening Mike Raven Blues Show which has never been surpassed. Pop music touring theatre shows and outdoor festivals became the rage. I believe the Beatles came to Norwich. I saw a show featuring Gene Pitney and various top groups at the Gaumont in the city – but you couldn't hear anything above the screaming of hyper-excited girls. Earlham Park in Norwich and The Netheard in Dereham hosted outdoor shows which featured groups like Gladys Knight and the Pips and Georgie Fame and the Blue Flames. I always fancied being a "Pip" and doing the "ooh, ooh" bit in the "Last Train to Georgia".

At my all-boys school in Swaffham, a couple of us decided to do a pop music survey for the school magazine asking pupils and masters alike who was their favourite group. The result was a dead-heat for first place between The Beatles and The

Rolling Stones and it's incredible to think that 60 years later they would still probably be high in the rankings. The best answer in our survey was from "George" Malkie, the Latin and Religious Instruction teacher, who chose The Amadeus String Quartet as his favourite! We collapsed laughing.

By this time some of the cool boys a couple of years older had started going to the Orford Cellar in Norwich which became a trendy place for music lovers. It was similar in size (i.e. crammed and small) as the Cavern Club in Liverpool. It focused on rhythm and blues and groups like the marvellous Graham Bond Organisation, which included Ginger Baker and Jack Bruce (later of Cream), would be playing. My mates and I really felt we'd arrived when we went to the Orford.

But you didn't need to travel all the way to Norwich because the music scene had truly arrived in good old Dereham. The Sunshine Rooms dance hall which was situated beneath the cinema, became the venue for the famed Tavern (later renamed the Wellington) Club. Sunday nights were never the same again. For several years it hosted a mixture of high calibre soul, pop, rock and psychedelic acts. Geno Washington and the Ram Jam Band and Jimmy James and the Vagabonds were regulars on the soul scene, supplemented by classy Americans like Lee Dorsey (remember "Ride your pony"?). Following in the footsteps of The Rolling Stones I think Geno, who was a locally stationed American GI, and Jimmy James are still going strong. Chart topping groups like The Small Faces would appear and, unbelievably for little ol' Dereham, super groups like Cream and Pink Floyd played there. I remember standing 6 inches away from Eric Clapton's amplifier (my hearing has never fully recovered). Reflecting the hippy psychedelic era which had arrived, Pink Floyd, who had already had their first No 1, put on a light show. Not quite the illuminations seen in vast stadium shows of later years but the lighting effect was created by coloured oils being spread between two pieces of glass and then displayed through a slide projector which created all sorts of weird moving colours. Groovy man! It was more than enough to mesmerise us. Free buses were laid on from nearby places like Watton to take teenagers to Dereham for the shows. Unfortunately Mattishall missed out on this and I had to resort to my bike. Depending on who was appearing some of us would wear a parka coat if it was a mod group like the Small Faces, a fake leather jacket if it was more heavy rock, flares and flowers if it was hippy focused and occasionally a pair of sunglasses because we thought it looked good. Remember these were the days of mods and rockers and there would sometimes be confrontations outside the Harlequin coffee bar next to the Market Place. *continued on next page...*

1967, the year I left school, was a highlight. A few of us in our year had created an event-arranging organisation which we called PSI Promotions. I better not let on what PSI stood for, apart from the P being for Psychedelic. We organised a hippy, flowered-themed school summer dance to follow on from an extremely successful crisp eating competition and other events which had taken place earlier in the year. The support act was a local ginger-haired Bob Dylan (my hero) influenced performer who called himself Jonas D Chord. The group who were the main act were late and we managed to negotiate a 50% reduction in the fee we paid. A fantastic night - with plenty of girls from Dereham High School and Swaffham Convent School attending. Various couples were caught in compromising situations throughout the school grounds, the head master's study being one of them. In hindsight it was a good job we were leaving.

On top of that The Who appeared at West Runton Pavilion. My claim to fame is that there was a call for the owner of a mini-van numbered 7827 VF (which was me) to move it as it was blocking Roger Daltrey's Bentley. I had just passed my test and had bought the car for £75. Mr Daltrey looked well impressed.



Illustration by Michael Blackman

But to cap it all, the one off, brilliant, greatest guitarist of all time, Jimi Hendrix had appeared at the Orford in Norwich and a few weeks later in October he was coming to The Wellington Club in Dereham! I left home to go to College in September and couldn't get back for the Hendrix show because the mini-van had already broken down. Something I still regret to this day..... but what an incredible legacy for Dereham.

## Brainteasers March 2024

### Brainteaser 2 of 5

Gwendoline tells her friends that her grandmother is only one year older than her mother. How can that be?

*Answer inside back cover*

## Dereham Walkers are Welcome

# 07561 813243

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



Our short (under 4 miles) walks programme continues on the first Friday of each month through 2024 and will start at 10:15 unless otherwise advised, the starting point may vary (though will always be near Dereham town centre), so please check on arrangements. As a short walk, there is not a programmed refreshment stop but there are usually a number of short halts for people to collect and catch breath, so if you want to bring something to eat and/or drink, there will be opportunity to consume it. The walk will be led at a reasonable pace - we do not rush but we do need to make progress for the group as a whole. If you have any questions about our speed, please raise them with us. You should come with decent footwear (especially when it's been wet) and suitable clothing. At the end of the walk, we often plan to go to a local café for hot drinks and/or lunch, we hope this might appeal to you - if so, come prepared with a bit of available time and money. We will ask for interest at the start of the walk so we can advise the café of expected numbers and they will make sure there is space for us all. There's no need to book, just turn up. For more details, contact Ken Hawkins, [ken-hawkins@tiscali.co.uk](mailto:ken-hawkins@tiscali.co.uk) or 07561 813243.

We are also continuing with our monthly 'Easy Tuesday' walks, every second Tuesday. As with all of these walks, it will be no more than two miles, on good 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 social chat and some refreshments (bring your purse). Meet outside Dads and Lads (Cherry Tree car park) at 10:00. If you think this might be for you and want more details, please contact Sue at [sue.rothwell@outlook.com](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.

Our programme of longer walks doesn't follow a fixed pattern. The next one will be at the end of May but still being planned.

We look forward to seeing you over the next few weeks. Please note that all walks will go ahead unless the weather is really bad (we've cancelled just one walk in the last 6 years) but do check if you're in any doubt or want more information.

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

**Ken Hawkins**

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# The Mattishall Society

At a special general meeting of the Mattishall Society, members reluctantly confirmed the decision made at the AGM to close the society, after more than 50 years. Former President and Chairman Ray Cooper gave a brief talk about the activities of the society over the years. He noted that to date, the Mattishall Society has donated over £15,000 to benefit the local community.

The most recent donation was to help Santa deliver a very special trike for Christmas to Logan Gosling, and we should be able to see him out and about on it by the summer. The Mattishall Society will donate all residual funds to a range of local community groups for them to use to support Mattishall residents. The community groups which will receive a donation are: Mattishall and Burgh Charity, Mattishall Community Allotment, Mattishall Community Hub, The Link, Mattishall Memorial Hall Playground Fund and Mattishall Surgery Equipment Fund.



Logan and mum Kirsty with new trike

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## News from Dereham Memorial Hall

The new year started in cracking style at Dereham Memorial Hall. The first three events posted 'house full' notices, and the half term holiday puppet show broke box office records.

The theme this year seems to be 'growth and variety', more and different! On Friday 5th April the Falling Starr Wrestling show will thrill with a fun-filled night of top quality grappling and grunting for all the family, followed on Saturday 20th by 'I Wanna Dance with Somebody', the highly praised and anticipated tribute to Whitney Houston.

On 3rd May, 'The Fleetwood Mac Songbook looks likely to be sold out, and on 25th May, a sensational concert hosted by The Norfolk Blues Society BIG GIG, is an international double-header featuring Santiago and The Soulmakers.

Keep a note in your diary for Dereham Day on Saturday 11th May. As usual, thousands of people will come along for a day of free mingling and entertainment spreading through the Memorial Hall, Fleece Meadow, and into the town itself with many businesses offering a little special something from their premises. The celebrations are topped off by an evening concert from the fabulous Doghouse Big Band. Tickets are on sale at [www.ticketsource.co.uk/what's-on/dereham](http://www.ticketsource.co.uk/what's-on/dereham). Expect 1940s sounds from this excellent outfit, sixteen strong, with most of them "blowing something".

This is a selection, and not all these events are promoted by Friends of Dereham Memorial Hall, so it's best to look on

the [www.derehammemorialhall.com](http://www.derehammemorialhall.com) website to check times, dates, how to buy your tickets, and to look for other selections.

And don't forget: the 4th Tuesday community Classic Film Club at the Orion Cinema, with 'The Holdovers' (23rd April), an Oscar nominated movie, with tickets only £5.90 (£5.00 for members of FODMH), and the regular U3A meetings on the 2nd Thursday afternoons, and footloose modern jive club on Tuesday evenings.

**Tim Cara** Chair, Friends of Dereham Memorial Hall.

### Brainteasers March 2024

#### Brainteaser 3 of 5

It has been snowing heavily, and Mrs Thomas looks out into her back garden. She sees that there is three times as much snow in her garden than that of her neighbour, Mrs Brown. How can this be possible?

*Answer inside back cover*



## Walking Group

Mattishall Walking Group continues to meet on alternate Tuesdays and Fridays (Church Plain, 10.30am) for companionable walks of around 4 miles. We have a core group who attend regularly as well as those who just take part now and then and we're always happy to welcome new walkers. Coming up to Christmas we enjoyed a walk together followed by a delicious, and well-earned, lunch at Tabnabs and those that couldn't manage the walk joined us for the food and merriment! *Walks are advertised on Facebook and Nextdoor.*

**Hazel Goodall** (hazelnutmum@yahoo.co.uk)



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# The Retired Librarian

Greetings gentle readers. At time of writing, we are newly returned from Scotland where we have had the pleasure of seeing our first grandchild, a boy named Charlie. He is the son of my Jonathan, now a doctor on the Scottish Air Ambulance, and his lovely wife Laura. He lives in Coupar Angus, near the town of Blairgowrie and the city of Dundee. My second son, Alex and Wendy, his paramour, reside in Perth, not twenty-five minutes away so I get to meet both when we go up north. It was a wonderful sociable time which included baby cuddles and hunts for golden eagles on Glenshee, a snowy paradise for skiers, tobogganers and snow boarders. Higher up, eagles have been seen and photographed.

Alas we returned all too soon to the tiny but satisfying life we lead here. I say "Tiny", because I don't get out much since I retired (cue 'Hearts and Flowers' on the violin). When I first left the library, I was so tired and aching that I gave myself recovery time and didn't throw myself into any worthy pastimes...I would only have got bruised. I did join a lovely choir in Dereham and sang lustily but having been diagnosed with a boring medical condition, I was precluded from driving just over a year ago and had to leave. Robin is still coaching badminton most days and evenings, so couldn't drive me there or anywhere much. I still sing in the shower though.

All this preamble brings me to the point which is that I have had to make my own entertainment and broaden my very narrow horizons. I have discovered YouTube. I have consequently travelled the world vicariously through several handpicked videos. It's a treasure trove, I tell you. Type any subject into its search facility and it will suggest videos on that topic. There are an untapped mine of information and fascinating people out there, and you don't need to drive. Of course, there are the shorts, the one-minute clips, that you can scroll through when you have no particular goal, and which can throw up little gems. Cake decorating advice, dog spa treatments, the wise and witty sayings of the 'Momma who cusses' and sound medical advice from Dr. Karan whose book is out now on Amazon.

But the long form videos are the best. You can get a nice cup of tea length viewing with only a click. Currently, my tastes have been a little mundane. The beautiful and talented Kate, her husband and soppo greyhound Luka lived with us for over a year. They moved out at Christmas but didn't take their accrued stuff with them. Consequently, I have been very interested in decluttering. The stuff will be removed by May, I'm promised, but until then I am a tad overwhelmed. Forgive me if I have not invited you round for coffee, but my home is a hoarder house and repels boarders. I do have a lovely kitchen, now completely finished and sparkling, but the reception rooms are no go areas. I can't lay all the blame on my daughter, however. Robin is a definite hoarder. He has accrued stuff from teaching and badminton and latterly from his late parents' house, that do not fit within his own space. If you ever need a screw or hinge, don't go and buy one, come to us and Robin will furnish you with the necessary size.

His father, a carpenter/joiner collected huge quantities of wood, tools and fixings from auctions at Colchester and then resold upcycled planes and saws at car boot sales. There was a pretty sizeable haul upon his death and Robin is keen to hold onto it. He doesn't do DIY himself though. It all lurks dirtily in margarine tubs and propped up in the garage, just in case.



Tina Cooper

So, I tentatively looked up garage clearance on YouTube and found hundreds of videos devoted to the clearing of homes and garages all over the world. It's addictive and strangely satisfying to watch someone transform their cluttered space into a useable one. And I have favourites.

Well, it all started with the rather sensationalised Hoarders series in the US. It is recognised as a psychological disorder there and people who have it can receive therapy and physical help to remove their hoards. It's fascinating stuff watching folk trying to justify hanging onto a broken umbrella because the spokes could be utilised for something or seeing them going through black bin bags that have been filled by helpers, in an effort to pull back items they genuinely believe will be useful in the future but are never used. As I said that series is a little ghoulish and prurient. I have moved on.

*continued on next page...*

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I have also been to America to see "The Carla Project. I say "been" figuratively. Carla lives in Los Angeles in a one-bedroom apartment and posts videos of her staying on top of her stuff and cleaning her small space. She also loves to help friends to declutter by gentle encouragement and physical help. She does not espouse the Marie Kondo method which asks you to hold up an object and determine whether it "sparks joy" before you keep it, but suggests you need a better reason than inertia. She has posted a series of videos in which she helps her own sister to clear out her hoarded, prepper home. She has amassed stuff ready for the breakdown of civilisation and the apocalypse in her home and recognises it as a mistake and needs help to get rid of the mostly expired foodstuffs. She is also an addictive spender, and her space is invaded by too many purchases. Much is donated to charity, and some sold on the kerb side, but the relief she feels after a good clear out is palpable.

There are many other decluttering videos available to view. The Space Saver Method, the Dorman family and One Day at a Tidy to name just three. Or Try Ashley Forbes who chronicles her move from Texas to Virginia and its concomitant travails, or get it done with Gabbi who motivates others to do likewise. As for cleaning channels, who could forget the great Aurikateriina, the self-styled world's best cleaner who hails from Finland and transforms hoarded and filthy (the filthier the better) homes into gleaming palaces. And all for nothing. Then there is Clean with Barbie. She dons her industrial strength respirator and overalls to tackle mouldy, cockroach infested places. The before and after pictures are so satisfying and the clean is done for free. Remi Clog is a Leicestershire homemaker with a job and a family, who finds

that her naturally messy self has trouble keeping on top of her chores. She makes motivational videos of her cleaning and tidying her space and the spaces of family members. Her narration is wonderfully appropriate and delves into the psychology of mess and cleanliness.

Or go to Hobart, Tasmania and George who mows lawns and cuts down trees for folk who don't or can garden themselves. He traverses his neighbourhood seeking out land that needs taming and volunteers his services. Flawless cleaning will do the same in the southeast of England and all for free. These people are unsung heroes, but my absolute favourite must be Midwest Magic Cleaning. Based in Illinois, America, Mac is a colossus in the world of hoarder houses. He is autistic and derives great personal satisfaction out of bringing order to chaos, hope to despair. He is not sponsored by any company but will recommend cleaning products that he uses. His voiceovers are a masterclass in human psychology and quirkiness. He has studied hoarder disorder at length and is well informed. He never makes fun of the people he helps (again, free of charge) but is supportive and non-judgemental. I look forward to his weekly posts.

So, you see, I do get out really. I just don't have to leave the room to do it.

Happy travels.

**Tina Cooper**

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

# Five ways to look after your mental health this Spring

Money and mental health struggles often come as a package. When finances are difficult, our mental health can take a hit, and vice versa: poor mental health can lead to difficulty managing money. As millions of us continue to face challenges when it comes to money, it's so important that we take steps to look after ourselves and prioritise mental wellbeing.

## Talk it out

When it comes to our finances, we too often feel we must face the problem alone. Many people feel too ashamed or embarrassed to seek help but find that when they finally reach out, things start to change! If you're struggling with money, open up to someone you trust, or get free help from an organisation like Christians Against Poverty (CAP). You can find out about all the services we offer at [capuk.org/help](https://capuk.org/help).

## Write it down

Our emotions can easily build up and become too much to bear. Putting your thoughts down on paper can help you process how you're feeling and provide a healthy outlet for anger, frustration, grief and lots of other emotions.

## Sweat it off

According to the NHS, physical exercise causes chemical changes in the brain that help to improve our mood. However, you don't need an expensive gym membership or pricey equipment to do this – walking, running and playing

games in the park are all great ways to get a bit more active (and they're free!)

## Cook it up

The food we eat affects not only our physical health, but our mental wellbeing too. Planning your meals before you head to the shop can help you choose healthier options and cut down on non-essential costs, bringing a little peace of mind. Christians Against Poverty (CAP) provides local groups in communities like yours with lots more guidance on shopping and cooking healthily on a budget. Find out more at [capuk.org/help](https://capuk.org/help).

## Know it well

Whatever emotions you're feeling, it's important to know that they are valid and worth taking seriously. You can honour this by taking the time to get to know your emotions better, learning about what causes you to feel a certain way and why. This might include speaking to a trustworthy source such as **Samaritans (call 116123)** or **SHOUT (text 85258)**, or asking yourself GP about counselling.

*Christians Against Poverty (CAP) is a UK charity working with over 800 affiliated churches to deliver debt help, budgeting guidance, support to find work, life skills education and more. Visit [capuk.org](https://capuk.org) to find out more.*

---

## On the road with the AA, Part 2

**AA** As I said in Part 1, the AA Depot was located on Bowthorpe Industrial Estate in Norwich. It contained a workshop for the servicing and repair of the large fleet of vehicles that were deployed in Norfolk. This included large and small breakdown vans, and large recovery vehicles used for long distance jobs. In the adjoining part of the building were the admin offices, the AA Signs Department, the AA Members waiting lounge and the workshop supervisor's office.

As a Sergeant, duties were normally of a mobile nature, but on a rotating basis with the other Sergeants, I found myself behind the office desk keeping an eye on things and catching up on paperwork.

One morning I was with another Sergeant, mulling over some problem or other, when a large articulated lorry drove into the yard. The driver climbed out of his cab and came over to the office. I said 'Hello', and asked him how we could help. He said that he had a delivery to make in the city, but he was having trouble finding the location. He handed the invoice to my colleague, saying that he'd had a long drive from York that morning and needed a break.

Suddenly my colleague burst out laughing uncontrollably and passed me the invoice. I was puzzled, wondering what could be funny about this? As I read the delivery address, it suddenly became clear. It was poorly handwritten, and the

letter 'N' in Norwich was actually the letter 'H', meaning that the driver should have been in Horwich, near Manchester. Instead, he was about 200 miles out of his way. When he realized his mistake, he turned white and had to sit down. We gave him a brew and let him use our phone to ring his boss to let him know that he'd be rather late getting back!

That story is a true one, as is the next one. It concerns a lost holiday maker who asked me for directions. I had stopped at the Easton garage for petrol and was about to leave when a car pulled up and the driver approached and asked if I could help him. He explained that he had left Boston in Lincolnshire that morning and was having trouble finding his way home. I asked him where that was, and he said Newcastle. I didn't know what to say; I thought that it could be some sort of joke. I looked around expecting to see a 'Candid Camera' film crew.

However, it was not a joke. He did look elderly, as was his stressed-looking wife who was waiting in the car. I explained that he had come a long way in the wrong direction, and gave him detailed instructions to follow the A47 back to Kings Lynn, and then to follow the A17 to the A1 and then all the way to Newcastle. He departed in a happier mood than when he had arrived, as did his wife.

This was the early 1980s and things like satnav, GPS, and Google Earth were yet to be invented. I will see what I can remember for Part 3, next time! **RICHARD WALTON**

## CHARITY CAR WASH IN AID OF MACMILLAN CANCER SUPPORT

A team of 10 of us are walking in the Norfolk Coast Mighty Hike (26 miles) on the 11th May. We are doing various events to raise money for this fabulous charity.

We will be holding a **CHARITY CAR WASH** on Sunday 21st April at Mattishall Sports and Social Club car park from 10am until 1pm. The Social Club will be open from 10am for teas and coffees whilst you wait.

Charges will be £5 for cars and £8 for vans, but of course, if you wish to give more, that would be fabulous.

We hope to see you there.

Di Oliver & friends

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### Brainteasers March 2024

#### Brainteaser 4 of 5

Mr Braithwaite is at the ironmonger's. He asks:

"What does it cost?"

"£1" replies the ironmonger.

"And 10?"

"£2".

"What about 310?"

"That would be £3"

What is Mr Braithwaite buying?

*Answer inside back cover*



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# THE NATIONAL TRUST'S OXBURGH HALL



builder whose intention it was to dismantle the Hall and sell off the building materials, fire places and fittings. The auctioneer contacted the Baronet's mother, Lady Sybil Bedingfeld, who lived in London. It became clear that she did not know of the impending sale. She, her daughter and her niece sold their London houses to raise the necessary £5000, bought the house in 1951 and gifted it to the National Trust the following year, on the understanding that the family could continue to live there.

The restoration project involved various elements:

About 8pm on an August night in 2016, one of the Victorian dormer windows slid from the roof into the courtyard of Oxburgh Hall. The Hall had to be closed to the public whilst the other 13 dormer windows were inspected and it transpired that none of them was properly keyed into the roof!

The next step was to send up a drone to inspect the roof as a whole. This revealed that the 27 Victorian chimneys were cracked and moving in the wind! It was clear that the whole roof needed urgent attention. However, as Oxburgh is a Grade 1 listed building, scaffolding cannot be directly attached to it. This was not such a problem in the courtyard as in the moat. It was not possible to drain the moat as this would expose the clay on which the house sits. If the clay dried out, the house would collapse.

Work could begin in the courtyard, but low level experimental scaffolding, anchored with sandbags was put into the moat and left for some months to see if it shifted. It didn't, so further storeys could be added.

Of course, the disaster didn't end there! Deathwatch beetle was found in the roof, along with rare species of protected bats, which could not be re-homed. All in all, this repair work, which began with one dormer window, created a 6 year project of restoration costing £6.3million.

Despite its fortified appearance, Oxburgh Hall was intentionally built as a family home. It was completed in 1482 for Sir Edmund Bedingfeld and the Catholic Bedingfeld family has lived there ever since, surviving Civil War, periods of near dereliction, and, in the 20th century, the threat of demolition.

Yes, the threat of demolition.....After World Wars I and II, many large country houses fell into disrepair. Many of their staff had died in the wars. The potential work-force was not there and/or had moved on to other better paid work in factories and other industries. In addition, death duties and other taxes proved too much for some families. A large number of such houses were sold off for demolition. After the incumbent Baronet at Oxburgh had sold off nearly all the 4000 acres of the estate and was still in debt, he put Oxburgh Hall up for sale. However, the auctioneer tasked with the sale did not feel comfortable with selling to the only person who offered the asking price of £5,000 – a

1. The black-glazed roof pantiles were in need of repair, bought by the 4th Baronet to replace the originals in the 1770s. At the time of purchase, he noted he required 50,000 pan-tiles and 800 ridge-tiles from Holland. Many were now weatherworn, cracked and damaged. So, 14,000 new black-glazed pantiles were made for the roof. However, they proved a little too slippery for the bats whose home in the roof had to be preserved. Jane Harris, the NT bat expert, carried out a test, which found that a special bat friendly coating of paint mixed with sand, ensured that the bats can grip on and climb the tiles with their tiny claws, to reach the openings of their new roost.

2. 27 elaborate chimneys stand tall (if somewhat wonky) on the roof of Oxburgh Hall. The chimneys resemble those which graced Mattishall's Victorian School and which now flank the war memorial on the Village Green. Each chimney at Oxburgh was of a different design. Luckily, the supplier of the original chimneys, Bulmer Brick and Tile Company, is still in business and still has the moulds from which the chimneys' bricks were made. They recreated 12,000 new bricks for the chimneys.

3. The 14 dormer windows, of varying shapes and sizes, all needed dismantling and rebuilding.

All this was made possible thanks to a grant from the Heritage Stimulus Fund, part of the Culture Recovery Fund, which is administered on behalf of the government by Historic England, as well as support from The National Lottery Heritage Fund, thanks to money raised by National Lottery players. The Wolfson Foundation has also lent its generous support as has the European Agricultural Fund for Rural Development through the LEADER programme, the Sylvia Waddilove Foundation UK and The Constance Travis Charitable Trust. It's also thanks to many NT members and other visitors who donated to the roof appeal or supported the project through visiting or spending money in the tea-room, shop and bookshop.

Oxburgh Hall has now reopened – the scaffolding is down and the house is open to visitors. Sadly, because of Health and Safety, it will no longer be possible to climb to the roof. However, the Catholic Bedingfeld's 'priest hole' can still be viewed in the King's chamber. **Anna English**

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# Reflecting on Mattishall's Past with Ray Taylor

**DID YOU KNOW** – Mattishall once had more than EIGHT Public Houses! The last to survive is the SWAN, the picture below was taken from All Saints tower. The wooden building to its right, on the corner of Burgh Lane, was Mattishall's Village Hall, known as Odd Fellows Hall, now the site of modern property. More about Odd Fellow's Hall in a future issue.

The current Swan was built in 1934 on the site of the old Swan Inn. Had it survived today, the old building would have been a 'Listed Building' as it dated back to the 17th century although many say it was much older! The demolition and rebuilding was carried out during the tenancy of Fred Bartram Earl and his wife Alice May, formally Taylor. Recently married they took over the Swan in October 1914 when Fred was 26. This husband and wife team ran the Swan till 1942 when Fred suddenly died but Alice carried on for another eight years and retired in 1950. One of their daughters, Madge, would go on to marry the late infamous Russell Smith (affectionately known as Mr Mattishall) who many locals have warm and cherished memories of.



*The Swan Inn just before it was demolished in 1932*

The pub was flush to and entered from the road going down two steps. There was no room for parking horse and carts, they used to take these around to the back yard. Many meetings and gatherings were held in the back room. When the Gant was celebrated in the village, there used to be "swinging boats" in the back yard.



*Mrs Earl stands at the entrance of the Swan with her two daughters, Madge and Joan – about 1920.*



*The sign above the door says Charles Kiddle - he was Landlord from November 22nd 1907 to February 12th 1909*

The first record of the Swan by any brewery or court is dated 1786. It shows the landlord as Richard Carter and the following extract from a newspaper article gives some idea of what the Swan was like two hundred years ago. "On Monday 31st March 1794 Richard Carter, as tenant in sufferance, offered for sale by auction the property consisting of a: large kitchen, a parlour, 6 bed chambers, good cellars, with every other convenience necessary; a chafe-house, good stables and outhouses, yards, gardens, and about 4 acres and a half of exceedingly good land, with right of common over those large and rich commons in Mattishall."

On September 29th 1832 it was reported that Mrs. Carter had died aged 73. Along with her husband, she had been landlady of the Swan for 43 years. Richard Carter died on August 14th 1843, aged 100 and apparently was still serving at the Swan.

For further information about Mattishall's past see [www.mattishall-village.co.uk](http://www.mattishall-village.co.uk)



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# Miscellanea <sup>Youth!</sup>

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

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

### GROUP NEWS

In December, **Beavers** enjoyed a Christmas Sleepover which involved lots of Christmas crafts and a hike to the North Pole (well northern end of Mattishall) to visit Santa in his grotto. January has involved more snow-related activities and some rope making practise.



**Cubs** were busy this term with various activities that will be built on going forward. We started the year learning about personal and fire safety. Each cub made their own fire lighters that they will use next term to cook themselves something tasty, showing they can put what they have learnt into safe practice. We then moved on to some fun science experiments including making tornados in jars, fizzy reactions, electrical circuits and learning about what unusual household items can be used for other purposes - cubs found it particularly interesting what tomato sauce could be used for! Just before half term, we went international to celebrate Chinese New Year - which was a roaring success with all the dragons.

In December, **Scouts** worked on their adventure challenge award by bouldering and climbing at Highball in Norwich. January's programme was based around the scouts' ideas, so we have had some 'crazy science' for their scientist badge, a games night and a crafting session which proved very popular. We invested two new scouts who had recently moved up from the cub section and adult volunteer Paul, who is now formerly part of our Troop too. February saw them cooking and eating pancakes followed by a sleepover at the scout hut and outside in frosty bivouacs.



**Group News:** As part of the Beavers Scouting World Founders Day celebrations, our Beaver Leader 'Badger' was awarded a very special 'Silver Wolf' award in recognition of "Services of the most exceptional character" within both the scouting and local community. Members from our district, families and the wider Mattishall community joined us to congratulate Su (McKinnell) on this amazing achievement. See article on page 33.



**BEAVER SCOUTS - GIRLS AND BOYS AGED 6 - 8 TUESDAYS 6.15 - 7.30PM** Contact Su McKinnell on 07514 032678

**CUB SCOUTS - GIRLS AND BOYS AGED 8 - 10 WEDNESDAYS 6.15 - 7.30PM** Contact Emma Day – email: eeyore41983@aol.com

**SCOUTS - GIRLS AND BOYS AGED 10 - 14 MONDAYS 7 - 9PM** Contact Ann Futter – ann.futter@live.co.uk



# Mattishall Primary School

Reception children learnt about Lunar New Year. This year is the year of the Dragon. They enjoyed trying new food and making dragons and lanterns.



Something strange had happened in the playground overnight. Year 1 found a mysterious object that had crashed into a tree. They investigated the crime scene and asked some questions for an enquiry. They searched for clues and discovered that an alien had crash-landed onto planet Earth! They also visited Gressenhall Museum for a 'Life in the 1950s day'.



Year 2 children wrote an anti-bullying poem for Anti-Bullying Week and explored flowers in their latest art project using clay to create their own flowers.

In Science, Year 3 learnt about forces and how to measure them in Newton units. They used Newton meters to try and push or pull different items in the classroom and measure how much force was needed.





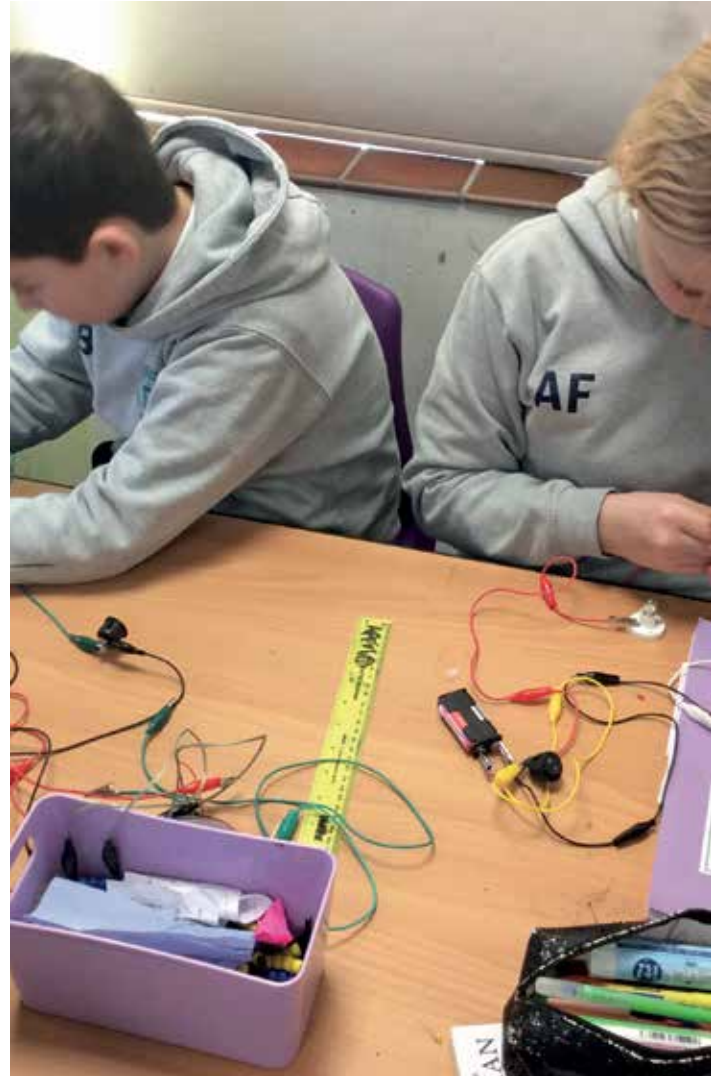
Year 4 children loved reading their class book 'Winter's Child' by Angela McAllister. They took great pride in writing and publishing a sequel story and spending some time sharing their own books with Year 1 children.

In Year 5 this term, the children have been programming micro-bits (a pocket-sized computer) to perform specific functions. Using block coding they programmed their micro-bits to play games of rock/paper/scissors, to respond to sounds and to display text alerts.

During Science, Year 6 children wrote scientific questions, using specific vocabulary, about electrical circuits and used the components to test them. They came up with interesting questions and enjoyed the testing.

A variety of extra-curricular activities have been offered to the children after school and at lunchtimes. These have included Chinese Football, Bench Ball, Girls Football and Mad Science.

The school supported the NSPCC Number Day on Friday 2nd February. Children were invited to come to school wearing something number related. They also completed some fun number activities and raised £152.30 for the NSPCC.



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**YOUTH CRICKET**

FRIDAY, 6PM - 7:30PM

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**ALLSTARS-DYNAMO'S**

SATURDAY MAY 11TH - 9:45AM

FUN CRICKET | AGES 5-11

£4 PER SESSION

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YMCA NORFOLK



## Mattishall Youth Club (Seniors)

Friday 6.30pm-8.30pm  
Age 10-16 years  
Entry: FREE

To book or for more information please  
email: [youthclubs@ymcanorfolk.org](mailto:youthclubs@ymcanorfolk.org)  
Telephone: 07907960621

YMCA NORFOLK



## Mattishall Youth Club (Juniors)

Friday 5.00pm-6.30pm  
Age 6-9 years  
Entry- FREE

To book or for more information please  
email: [youthclubs@ymcanorfolk.org](mailto:youthclubs@ymcanorfolk.org)  
Telephone: 07907960621



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Mattishall, Dereham, NR20 3JZ

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Terms and Conditions: Book your Indoor Mini Golf experience online, excluding one child. Present this magazine on arrival to redeem your complimentary child ticket. Valid for children aged 5-15 years, and all must be accompanied by at least one paying adult.

# Desert Island Discs



## Roisin Murray

I moved to Mattishall in August 2021 and I am grateful for being made to feel welcome by the majority of those who I have met here. My past career encompassed HR, Business Consultancy and Training – first in Government departments then latterly in our own business. I also held a teaching post in a University Business School for a while, but once the 2008 crash ended our business I re-trained and emerged as a professional storyteller. This bizarre choice has taken me around the UK and even abroad which was fun.

I joined the Parish Council in 2022, after asking one of the Councillors why there weren't more women involved – the answer came back "well, we have a vacancy" so here I am. I take a keen interest in environmental issues and have undertaken to arrange litter picks and I am hoping to work with others to develop a Community Allotment once we get the new site from Denbury Homes.

My 10 tracks are as follows:

**Glen Miller: In The Mood:** I am the youngest of five – my adored older brother being twenty years my senior. When he visited, he would put this on and dance me around the room, standing on his feet – such happy memories.

**Mandy Miller: Nellie the Elephant.** We three youngest children each had a 78 r.p.m. record of our own and this was mine. I loved to dance and sing to it – especially the chorus of Trump, Trump, Trump – an unfortunate reference in today's world though!

**Bob Marley: Three Little Birds.** I loved Reggae as a teenager and this was a favourite which has remained with me. When life feels dark I just listen to Bob singing "Don't worry about a thing, 'Cos every little thing is gonna be alright" and dance off the blues.

**Desmond Dekker and The Aces: The Israelites.** This was the first reggae number one in the UK in 1969. We teenagers felt really "cool" singing along to the Jamaican Creole lyrics. I still have the vinyl LP of this – so plenty more dancing.



**Band of the Royal Marines: A Life on the Ocean Wave.** In a totally different mood, I love most military bands but The Regimental March of HM Royal Marines is very special. I grew up near Chatham, a HM Royal Marines base and later I spent 10 years living in Deal, for many years the home of the RM School of Music. Each year the band would return to play in remembrance of those comrades killed in the IRA bomb in 1989 – very happy and sad memories.

**Gustav Holst: Nimrod, from the Enigma variations.** I just love this as it is so powerful and sad and reminds me of those gone before.

**Band of the Royal Scots Dragoon Guards: Black Bear (pipe tune).** This is reputedly the fastest marching tune in the British Army. I love the bagpipes and this tune in particular – so much so we had it at our wedding (we didn't march).

**Meatloaf: Bat Out of Hell.** I like this just because some days a blast of heavy rock really blows away the cobwebs. It is a pretty catchy tune too – and I used to ride a motorbike!

**Queen: Bohemian Rhapsody.** This came out when I was in my early twenties – that great age when you start to feel "grown up" but are still young enough to revel in the promise of the years to come. It helps that it is (rightly, I think) hailed as the best pop song ever written.

**The Pogues and Kirsty McColl: Fairytale of New York.** For me the best ever Christmas song, with hope, depression and anger in equal measures (who hasn't had a Christmas like that?). Great singing and good writing and if I was stuck on a Desert Island in December I could play it over and over to feel both festive and sad that I was missing my family and friends.

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# Information on the changes to dial up/landline telephones

This information has been produced by me, Gerry Goldner, to provide you with an understanding of the changes affecting all of the UK. Thousands of end users have been changed over successfully but it is a worrying change for many readers. These notes are provided in good faith but I must advise that it may not be 100% accurate.

Every end user's situation is different. I suggest you ask questions of your supplier. Also ask the people you get support from. I will update these notes using online social media, such as Facebook and Nextdoor. In addition, I hope to supply more news and information in later issues of Miscellanea. You can send me an email with any other questions or concerns. My email address is provided at the end of the article.

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

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

Openreach have announced that the East of England changes will be starting in the Spring of 2024.

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

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

### Why are these changes happening?

The current landline network needs to be replaced because it's old and is becoming difficult to maintain. The new system uses the internet to make phone calls – this offers better quality calls as well as some additional features.

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

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

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

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

*The following reasons are NOT age related:*

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

### Other issues to be aware of

1. BT are just one of several telephone service providers. Openreach is the current provider of the existing telephone systems. Some of the suppliers of telephone lines are using Openreach as their wholesale provider. However, there are other cabling providers, mainly in more urban areas.

2. Be aware of questions and offers from companies and people who want lots of information and start talking about fees and costs. If they claim to be from your existing supplier, ask them to confirm your account number and make them call again.

3. The changing system is based on a new fibre optic cable, directly to every property. If you are already using fibre optic to the property [FTTP], you are not affected. If you currently do not have broadband/internet services and do not want either, then the supplier has to provide you with a service that directly supports a talking service. There should not be any extra costs to you. But you may need a new telephone. If the new service and equipment is powered from a wall socket, then it cannot work during a power cut. When the supplier provides the new equipment, they must also provide a battery backup, so you can call out for help.

4. If you are using an auto alarm or care line service I suggest you to talk to them as soon as possible. Before the changeover dates.

5. Many users do not realise that even if they do not use a landline, the broadband service is on a landline number. The monthly charge includes the line rental and broadband services. These changes will affect every property. You do not have to stay with the existing supplier's contract. You can change supplier at no cost, if you want to. You could find a better service at a lower cost.

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

**Gerry Goldner, Mattishall**

Email: gerry.goldner@gmail.com



Greg's Gardening Services

**Telephone Number:**

**07860347948**

**Email Address:**

**gregsgardeningsservices4@gmail.com**

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and many other services.**





## Hello, Mattishall!

We have made it through the winter. It's been dark, cold, windy and wet but all that is changing now. Spring is near with buds opening and flowers abundant to cheer flagging spirits.

At the link we cheered our flagging spirits through the winter with a wonderful Christmas party, in a tinsel decorated, colourful and warm Methodist Church, with Christmas themed quizzes and games.

Then in January, came a super '60s in 60 minutes' performance from four wonderful singers and musicians. This was a one-off special occasion funded by the Arts Council. Once again, our posters suddenly appeared throughout the village. It was heartwarming to see 'people of a certain age' from the village coming together with our members and reliving the 60s through popular music. A great fun time and everyone agreed the band was fab.



*The Fab Four: Greg, Alicia, Josh and Chris*

Of course, The Link is not all about performances and entertainment. A very important part is the support, information and help available for carers at The Link and available whenever there is a dementia diagnosis in a relationship.



*Reliving the 60s at The Link*

The Link is held on the 1st and 3rd Tuesday of each month at Mattishall Methodist church, from 10am until 12 noon.

For further information contact Lin Thompson  
Tel. 0776 957 3499

Email:  
[linlinkdementia@gmail.com](mailto:linlinkdementia@gmail.com)

Or see our website:  
[mattishalldementiasupportgroup.com](http://mattishalldementiasupportgroup.com)



Are you or a loved one living with dementia?

Come join us at The Link for lots of fun games, music & refreshments!



We are voluntary run & funded group for the benefit of people living with dementia and their carers - we run a separate carers group alongside, for advice & support.

At Mattishall Methodist Church  
1st & 3rd Tuesday of every month  
10am - 12noon

Tel: Lin - 07769573499  
for more info or to volunteer!



# CRIMEWATCH CHM MATTISHALL

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

As well as policing events, we've been out on patrol promoting the Street Safe scheme. This is a website that you can use to report anywhere you don't feel safe. You can access this website from the home page of [www.Norfolk.police.uk](http://www.Norfolk.police.uk). It's not the place to report crime, instead it's somewhere you can tag specific locations that just make you feel uncomfortable. It could be the lack of lighting, overgrown hedges, bad visibility, persistent anti-social behaviour etc.

Everything you report is then passed on to the relevant agency – it could be us or the district or county council – and action is taken.

We also have our regular SNAP meetings which are your chance to speak to us about issues where you live. It has been great to see so many people turn up to the recent meetings. Please do look out for the dates and locations of the next meetings which are sent to your parish council clerks and advertised on our website.



These priorities are local ones, chosen with the community, which the local beat managers focus on. They are supported 24/7 by their response and specialist colleagues who work on the other areas of policing that help keep you safe.

## **Police are urging residents to be vigilant following a number of telephone scams in west Norfolk and Breckland.**

Officers have received two separate reports from elderly residents this week, claiming to have been contacted by fraudsters purporting to be police officers. During the calls they were encouraged to withdraw large amounts of money from their bank.

The incidents happened in:

- Methwold, west Norfolk, on Monday 20 February. £1000 and a credit card were taken.
- Saham Toney near Watton, sometime between Monday 20 February and Tuesday 21 February. £4000 was taken.

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.

Residents are reminded that your bank or the police will NEVER ask you to withdraw money or purchase items.

Further advice includes:

- Your bank or the police will NEVER ask for your PIN, bank card or bank account details over the phone – never give these details to anybody.
- Neither the police nor the banks will send a courier to collect money from you.
- Always request Photo ID and if unsure call the police.
- If you're asked to telephone a bank, then always do it on a different phone to the one you were contacted on.
- 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.
- Do not rush into complying to the scammers demands / requests.
- If you have already given your bank details over the phone or handed your card details to a courier, call your bank straight away to cancel the card

Officers are keen for residents to share these messages with members of their local community and also to ensure they contact family and friends, particularly elderly relatives to ensure they are aware of these scams and the warning signs. If anyone has received a similar type of telephone call or has any information about these incidents. Contact Norfolk Police on 101 quoting Operation Radium or the crime numbers 36/12184/24 or 36/12098/24.

Alternatively, Contact the independent charity Crimestoppers 100% anonymously on 0800 555 111.

# Watton, Shipdham & Mattishall Neighbourhood Watch

## March Update

As members of Norfolk Neighbourhood Watch, we stand together in our commitment to fostering a safe and secure environment for all residents. Our Neighbourhood Watch programme is more than just a collective effort; it's a testament to the power of community collaboration and vigilance. Below are listed some of the highlights from our recent activities.

We're excited to share the latest updates from our Neighbourhood Watch community in the **Watton/Shipdham/Mattishall B13 area**.

Together, we're making strides in enhancing the safety and security of the area. Other areas are likely to come on board throughout the year and we'll keep you updated. Join the area's Facebook page for regular updates. Our area coordinator Mike Onassis and local beat manager PC Austin Clarke (Norfolk Police) are working closely together, fostering a strong partnership to address community concerns effectively. Pop-up events are scheduled throughout the year to engage with residents and promote a sense of unity. Keep a look out in the local press and on social media.

**Support for Members:** We welcome our new dedicated Neighbourhood Watch PC (**Rebecca Harris**) based within **Norfolk Police Community Safety Department at HQ**. We're committed to providing support for all new and existing members. If you're a new member, expect a follow-up to assist you in navigating our initiatives and resources. Additionally, Neighbourhood Watch HQ is extending tangible support, reinforcing our collective efforts.

**Local Engagement:** We encourage all members to actively participate in their local **Safer Neighbourhood Action Panel** meetings where you can share any concerns with your local safer neighbourhood policing team. Unsure about meeting schedules? Reach out to us for clarification. Your involvement is crucial in shaping the safety initiatives which will be tailored to your local community's needs.

**Training for Beat Managers:** Recognising the vital role of collaboration, all new Beat Managers are likely to receive a greater awareness of the benefits of Neighbourhood Watch engagement in their training sessions. These sessions will emphasise the importance of working with Neighbourhood Watch members to maximise overall impact.

**Police Cadets Engagement:** As spring approaches, expect to see the Police Cadets actively involved in our Neighbourhood Watch community. Their presence will help underpin a commitment to maintaining a safe and secure environment for all residents.

**Cybersecurity Support:** Exciting news! We now have our very own Neighbourhood Watch Cybersecurity Ambassador. Should you encounter any cybersecurity issues, don't hesitate to reach out for assistance.



**Seeking Volunteer IT Manager:** Good at IT and have a few hours to spare? Join our team at Norfolk Neighbourhood Watch and make a difference to your community! We are currently seeking a dedicated and skilled IT Volunteer to support our efforts in enhancing safety and security throughout Norfolk. If you are passionate about technology and committed to leveraging it for the greater good, this is the perfect opportunity for you to contribute your expertise and make a positive impact on the lives of our residents.

**Feedback and Suggestions:** Your feedback, suggestions, or concerns regarding neighbourhood safety within your communities, is crucial for fostering community engagement and addressing local issues effectively. Please send your feedback to [norfolk.nw.adm@gmail.com](mailto:norfolk.nw.adm@gmail.com). Maintaining a safe community is a collective responsibility. Look out for one another, report suspicious activity promptly, and if you are able to do so, please do actively participate in Neighbourhood Watch activities as and when they are advertised throughout the year. Being part of Neighbourhood Watch means your safety and security are our top priorities. Together, let us build resilient communities where everyone feels protected and empowered.

### Mike Onassis

Neighbourhood Watch Area Coordinator (Breckland)  
[NHW-B13@outlook.com](mailto:NHW-B13@outlook.com)  
07773330109

## Brainteasers March 2024

### Brainteaser 5 of 5

What is the missing number in this series?  
??, 49, 2401, 5764801

Answer inside back cover

# Mattishall and Lenwade Surgeries

## Change of Practice name

Our GP partners are Dr J Fitzgerald, Dr O Chukwunwike and Dr S Maunkee and the Practice trades as Mattishall and Lenwade Surgeries.

## Latest CQC Report

Both sites were re-inspected by the Care Quality Commission (CQC) in January and the partners and all the staff, who have worked hard to improve our rating, are pleased to share with our patients that the latest report gave the practice an overall 'Good' rating. The report can be accessed via the Practice website home page.

## New Pharmacy/Dispensary Opening times

From Monday 26th February the Pharmacy/Dispensary will be operating with new opening hours of 9am to 6pm Monday to Friday (closed for lunch between 1-2pm).

This is to allow us to continue to provide services during our core contracted hours and to ensure that staff have time to complete essential tasks outside of opening hours. For example, our Pharmabox 24 hour Prescription Collection Point is filled each day between 6-6.30pm so may be unavailable for patient collections during this time.

## Additional Opening hours for Lenwade Surgery

From Friday 19th January we will be opening our branch surgery at Lenwade for additional hours on a Friday afternoon. The surgery will now be open to patients from 8.30am to 1pm and 2pm to 5.30pm each Friday. This will give patients more choice in booking afternoon appointments as a doctor will be available on both Monday and Friday afternoons as well as mornings on Monday, Tuesday, Thursday, and Friday. A nurse will be on site Friday in the afternoons from 15th March and samples will be accepted until 3.30pm, and patients will be able to order and collect prescription medication.

## Important Bank Holiday dates;

### Prescription collection for Bank Holiday Closure on Friday 28th March and Monday 1st April

Mattishall = order items by Tuesday 19th March for collection before the bank holiday closure.

Lenwade = order items by Friday 15th March for collection before the bank holiday closure.

### Prescription collection for Bank Holiday Closure on Monday May 6th

Mattishall = order items by Thursday 25th April for collection before the bank holiday closure.

Lenwade = order items by Tuesday 23rd April for collection before the bank holiday closure.

### Prescription collection for Bank Holiday Closure on Monday May 27th

Mattishall = order items by Thursday 16th May for collection before the bank holiday closure.



Lenwade = order items by Tuesday 14th May for collection before the bank holiday closure.

## Other Services:

### Vaccine Update

We can still give flu vaccines to eligible patients up to 31st March, please contact the surgery if you would like to book in.

### Patient Call Back Facility

Please note the Practice has introduced a patient call back facility on our main reception lines for both Mattishall and Lenwade sites.

When a caller contacts reception, if placed in a queue, the caller will be given the option of requesting a call back. The system will recognise when that call would have reached caller number one and initiate a call back.

If the initial call back is not answered the system will attempt one more time, if this is not answered an automatic SMS will be sent to the number (mobile only) advising of the attempted call backs, and if the caller wishes to speak with reception they will need to call again.

### NHS app

Have you thought about registering for the NHS app? The app connects securely to your SystemOne electronic medical record and allows you to order your medication, view your records, and obtain test results.

### Prescription Text notification service

To sign up to the Text Notification service please email your Name, Date of birth and mobile number to [nwicb.mattishalldispensary.d82039@nhs.net](mailto:nwicb.mattishalldispensary.d82039@nhs.net) with 'SMS' in the subject header.

### Mid Norfolk Primary Care Network additional services

Did you know that our reception team can offer patients appointments for additional services? More information will be provided in the next edition, meanwhile please be aware of what is available: First Contact Physio, Social Prescriber, Health & Wellbeing Coach, Mental Health Worker, and Clinical Pharmacist.

A Clinical Pharmacist is a registered Pharmacist who's undertaken additional training to enable them to work autonomously in general practice.

A Clinical Pharmacist can:

- Triage and manage patients with common illness.
- Manage and prescribe medication(s) for patients with long-term conditions.
- Review patient medication(s) including processing repeat prescription requests.
- Support the practice team with medicines optimisation.

# News from Mattishall Sports & Social Club

We started the New Year off in great company with Rockin Pagan singing rock and roll songs accompanied by their dancers, The Rollers. Jo started running bingo again and was very well supported with many new faces. There is always a great selection of sport, football and rugby on the many screens here so you will never have to miss a fixture.

Something new – and you don't have to be members:

**Youth pool** every Monday 5.30pm – 7pm mentored by our experienced adult pool league players.

**Jamming sessions** every Tuesday 4pm – 11pm, all welcome whether you are a beginner or seasoned player, or you just want to come along to listen, join us for an evening of music.

**Easter Sunday Fun Day** including kiddies egg hunt, BBQ and children's entertainer see the poster on p5.

**Mattishall Commemorates 80th Anniversary of D Day** on 9th June, see the poster on p4.

Please come along and support all these great events.

Wayne, Vice Chair

## Mattishall Cricket Club

We are members of the Norfolk Cricket alliance, a friendly, family-based and well supported club and play all our home games at Mattishall Playing Field in South Green. We boast enviable facilities including a quality playing surface thanks to our fabulous ground staff Keith Hudson and Richard Flatt, spacious changing rooms and showers, synthetic net practice facility, electronic scorebox and access to a comfortable and well maintained on-site bar/social club. We are sponsored by the Doorsplus Group Ltd, who we must say a massive thank you to for supplying us with full training kit and playing shirts and new equipment for 2024 ground care.

We have 2 teams in the Norfolk Cricket Alliance Div 2 & Div 4.

This season we will be again running AllStars for ages 4-7 and new for 2024 - Dynamos for ages 8-11.

We also have 2 x youth teams ages u9s and u11s so if you have children in school years 3/4 or 5/6 that would be interested in playing cricket please contact Lizzie Hawkins on 07793 515356.

The Club has ECB Clubmark Accreditation status, this standard indicates that a club is well managed and runs

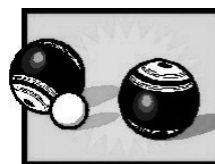
safe, effective and child friendly programmes, as well as demonstrating a wider commitment to club development and community cricket participation.

## NEW MEMBERS

Joining clubs can sometimes be intimidating. At Mattishall, wherever possible, we arrange for a committee member to be available to meet new members and introduce them to other players. Adult Nets take place weekly, please contact our Secretary for more details. Social members are also most welcome and there are plenty of chances to get involved with the running of the Club.

Please email our Secretary, Lizzie Hawkins (secretarymattishallcc@hotmail.com) with your contact details and we will ensure a warm welcome!

## MATTISHALL BOWLS CLUB



The club starts the 2024 season on the 20th of April when members will start practising for the coming season. Now is the time to consider joining the club which has been active since the 1970s.

During the season, the members get together to play in a mix of games between friends, and internal competitions. The green is available nearly every day of the week, including evenings and Saturdays. For more competitive games, members play in local leagues, which are played home and away, afternoons and evenings.

We are a club for all ages – we have members from early twenties to 100. Bowls is accessible to most people so whether you are someone who has never played before or a more experienced player thinking of a fresh start, please come along and meet us and give the game a try!!

To get a chance to meet many of our existing members, why not come on down to our renewal evening on Friday, 5th of April, 7pm – 8.30pm? You can then talk to members about the club and get some background. We can then take a note of your contact details and will then call to arrange try out sessions.

Equipment & tuition provided while you are getting ready to join.

To get more information, please call **Gerry Goldner**, Club Secretary 07908 205023.





# Roundabout

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

## DROP IN

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

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

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

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



## SINGING FOR FUN AND WELLBEING WITH LIZZIE

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

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

Hope you can join us.

**Lizzie**

## LIZZIE'S BOOK LOVERS CLUB

We are a very informal group who meet to chat about books we have been reading and to tell each other about authors we like.

We often swap books amongst ourselves so it is a good way to find new reading material.

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

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

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

New members are always welcome to join in.



**Lizzie**

## Mattishall Methodist Church

**Weekly Sunday Services** at 2.30 p.m.

**Easter Day Service with Holy Communion:** Sunday 31st March at 2.30 p.m. led by our minister Rev Anne Richardson.

**Chapel Anniversary Service:** Sunday 21st April at 2.30 p.m. led by Rev Andrew King.

**Monthly Saturday Charity Coffee Mornings:** 10.00 – 11.30 a.m. - April 20th, May 18th and June 15th.

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

Meeting Rooms for hire - Enquiries to Fred on 850750.

## Church Services at Mattishall

Sun 24 Mar 24	9:00 Traditional Worship, 10:30 Contemporary Worship
Thu 28 Mar 24	18:30 Maundy Thursday Communion and Supper
Fri 29 Mar 24	11:00 Good Friday Walk of Witness, starting at the Evangelical Church, 14:00 Hour before the cross at All Saints, Welborne
Sat 30 Mar 24	Easter Fun Day – 10:00 to 12:00 collect Trail sheets from porch of All Saints. Follow the trail and return at 14:00 for craft and fun afternoon with refreshments, songs, the Easter Story and prizes.
Sun 31 Mar 24	9:00 Traditional Communion Service for Easter, 10:30 Contemporary Communion Service for Easter
Sun 7 Apr 24	9:00 Traditional Worship, 10:30 Contemporary Worship
Sun 14 Apr 24	9:00 Traditional Worship, 10:30 Contemporary Worship, 15:00 Oasis Parents and Children Service
Sun 21 Apr 24	10:00 Archdeacon Catherine Dobson visiting the villages – service at St. Mary's, North Tuddenham
Sun 28 Apr 24	9:00 Traditional Communion Service, 10:30 Contemporary Communion Service
Sun 5 May 24	9:00 Traditional Worship, 10:30 Contemporary Worship

Sun 12 May 24	9:00 Traditional Worship, 10:30 Contemporary Worship, 15:00 Oasis Parents and Children Service
Sun 19 May 24	9:00 Traditional Worship, 10:30 Contemporary Worship
Sun 26 May 24	10:00 Joint Communion Service (leaving service for Mark and Fiona McCaghrey)
Sun 2 Jun 24	9:00 Traditional Worship, 10:30 Contemporary Worship
Sun 9 Jun 24	9:00 Traditional Worship, 10:30 Contemporary Worship, 15:00 Oasis Parents and Children Service
Sun 16 Jun 24	9:00 Traditional Worship, 10:30 Contemporary Worship
Sun 23 Jun 24	9:00 Traditional Communion Service, 10:30 Contemporary Communion Service
Sun 30 Jun 24	10.00 Informal service on the Village Green
Sun 7 Jul 24	9:00 Traditional Worship, 10:30 Contemporary Worship
Sun 14 Jul 24	9:00 Traditional Worship, 10:30 Contemporary Worship, 15:00 Oasis Parents and Children Service
Sun 21 Jul 24	9:00 Traditional Worship, 10:30 Contemporary Worship
Sun 28 Jul 24	9:00 Traditional Communion Service, 10:30 Contemporary Communion Service

Sun 16 Jun 24	9:00 Traditional Communion
Sun 23 Jun 24	9:00 Traditional Worship
Sun 30 Jun 24	10.00 Informal service on Mattishall Village Green
Sun 7 & 14 Jul 24	9:00 Traditional Worship
Sun 21 Jul 24	9:00 Traditional Communion
Sun 28 Jul 24	9:00 Traditional Worship



Bridge Club



Scrabble



Ten Pin Bowling



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**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**

**10 April**  
"Diagnostic Dogs"  
*Mrs Norma Howell*

**8 May**  
"Making 3D Fabric Flowers"  
*Georgette Vale*

**12 June**  
"When Birds Sing"  
*Saffron Summerfield*

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

## Church Services at Welborne

Sun 24 Mar 24	9:00 Traditional Worship and Palm Sunday procession
Thu 28 Mar 24	18:00 Maundy Thursday Communion and Supper at All Saints, Mattishall
Fri 29 Mar 24	14:00 Hour before the cross at All Saints, Welborne
Sun 31 Mar 24	9:00 Traditional Communion
Sun 7 Apr 24	9:00 Traditional Worship
Sun 14 Apr 24	9:00 Traditional Communion
Sun 21 Apr 24	10:00 Archdeacon Catherine Dobson visiting the villages – service at St. Mary's, North Tuddenham
Sun 28 Apr, 5 & 12 May 24	9:00 Traditional Worship
Sun 19 May 24	9:00 Traditional Communion
Sun 26 May 24	10:00 Joint Communion Service at All Saints, Mattishall (leaving service for Mark and Fiona McCaghrey)
Sun 2 & 9 Jun 24	9:00 Traditional Worship

## MATTISHALL MEMORIAL HALL

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**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**



## Upcoming Dates for Creative Socials

During April, join Les for an experimental music making workshop; exploring the seasons using different sounds and instruments at Dereham Trinity Methodist Church - Friday 19th April 1-3pm.

In May, come and create your own 'surrealist garden' mini collage with ArtatWork. No creative skills needed, just a willingness to give it a go! Dereham Trinity Methodist Church - Friday 24th May 1-3pm.

For more information about all future events visit [brecklandartsforhealth.co.uk](http://brecklandartsforhealth.co.uk) or contact us at [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk).

## A very brief history of Bob Carter Court and the surrounding area.



Bob Carter

Bob Carter Court is a retirement housing complex and was opened on 26th June 1976 by Mrs Mary Carter named in memory of her late husband. Its initial purpose was to house Royal British Legion members in need of safe and economic housing and it was purchased by Housing 21, the current owners, in 1993.

Before Bob Carter Court was built the area was a market garden. Daffodils were likely grown commercially where Daffodil Way is now and Pear Tree Close was part of a pear tree orchard. Holly Close also likely where holly was cut to make wreaths at Christmas time and village ladies were paid one penny per prickly holly wreath they made.



## Writers Hub

This page is for your stories and poems – email to [miscadvert@yahoo.com](mailto:miscadvert@yahoo.com)

## Destitution

Dreamy spires of ancient towns,  
Wreathed in mystique did abound.  
In cobbled streets where hackneys ran,  
Drays refuel the ale-house man.

The church bells all, ringing out  
Calling the gentry, all faithful and devout,  
Into prayer and contemplation.  
The choir boys drifting to temptation!

Smoke from blackened fires flow,  
And in the hearths, the embers grow.  
Women old before their time,  
Chatter ceaselessly on a factory line.

Men with twisted limbs and worn out backs  
Walk the streets in feral packs.  
Seeking help and restitution,  
To escape the poorhouse institution.

To their houses, the gentry will parade  
Where waits the servant and the maid.  
But tell me. What do the poor acquire  
Amidst each lofty, dreaming, spire?

## Mike Hamill





# Scouting Silver Wolf Award for Su

In Scouting, badges for the adult volunteers are rarely awarded. However, the Silver Wolf Award is the unrestricted gift of the Chief Scout. It's only awarded for "Service of a most exceptional nature", and in Norfolk, only 5 people have been awarded this in the past three years. Su McKinnell (Badger) our Beaver Leader was awarded her Silver Wolf on 27th February by Betty Jackson (another Silver Wolf recipient) in front of Members from our Group, District, families and the wider Mattishall community.

Su has been an active volunteer in scouting for 41 years, starting out with scouts in Winchester, then cubs in Reigate before moving to Norfolk and the Beavers section. She has held many different roles over this time, but she is mostly associated with the Beaver Scout section where she has been a Beaver Scout Leader at 1st Mattishall and District Scout Group, and the District Beaver Leader in Central Norfolk District for over 30 years. She has dedicated so much time over so many years to improve the experience of the countless thousands of Beaver Scouts who have had the experience of her leadership in her colony, and that of Beaver Scouts throughout our District. The quality programme she delivers is packed with an excellent balance of new and traditional activities. Su has also supported other leaders in obtaining their Woodbadge awards. She has actively supported many locally delivered training sessions for leaders of all sections, where her wisdom was always well-received. She has given her time and experience to so many young and new leaders over the years and her dedication is, without exception, a marvel to witness.



Su has supported and worked at five Norfolk International Jamborees (NorJam) and one Lincolnshire Poacher. She is usually to be found in the craft area helping scouts get adorned with fake injury make up: *blood, guts and gore!* As a keen participant of the Norfolk International Jamborees herself, Su encouraged all Mattishall Scouts to apply for a place at the World Scout Jamboree event which takes place every four years. As a result, for the first time in recent memory, Mattishall Scout Group had a 14 year old Young Leader attend the WSJ in South Korea.

Well done and thank you Su!



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# Mattishall Parish Council News

## LATEST NEWS FROM THE PARISH COUNCIL

### Upcoming events!

**D-Day EVENT SUNDAY  
9TH JUNE AT  
MATTISHALL SPORTS  
AND SOCIAL CLUB**

**Come along to join us for a  
spectacular village event  
commemorating the 80th  
Anniversary of D-Day.**

**There will be live music,  
stalls, games, treasure hunt,  
fancy dress competition,  
bouncy castles, ice creams,  
BBQ, afternoon tea and  
much more!**

### LITTER PICKING

**Save the dates for our  
upcoming litter picking  
events!**

**30 March 2024**

**12 May 2024**

**22 June 2024**

**4 August 2024**

**7 September 2024**

**20 October 2024**

**30 November 2024**

**Saturday sessions 10:30 to  
11:30**

**Sunday sessions 14:00 to  
13:00**

**Church Rooms, Dereham Rd**

### Mattishall Neighbourhood Plan

#### What is the Mattishall Neighbourhood Plan?

This is a planning document prepared by the Parish Council and helps to define how the parish will grow and change in the future. It includes policies used by Breckland Council in determining planning applications in the village. The plan also takes the opportunity to develop design guidelines and proposes new Local Green Spaces.

#### Public consultation

The public consultation on the draft Neighbourhood Plan ended on 8th January. A huge thank you to everyone who completed a questionnaire and sent us their views.

These comments were presented and discussed at the February Parish Council meeting and will now form part of the next stage in the process. This is to submit a final document to Breckland District Council, hopefully before the end of April.

#### What happens next?

Breckland will then carry out another consultation to provide an opportunity for all parties to comment on whether the submitted Neighbourhood Plan meets the required basic conditions. It will then go to an independent examiner who will check that the Plan has been prepared appropriately.

#### Further information

We will keep everyone advised of the Plan's progress via Miscellanea, and at the monthly public Parish Council meetings. Contact the Parish Clerk for more details:  
[clerk@mattishallparish.gov.uk](mailto:clerk@mattishallparish.gov.uk)

### YOUTH CLUB

The Parish Council has been monitoring the attendance at the Youth Clubs due to attendance numbers remaining low. The Parish Council are aware that attendance was not helped by poor staffing, leading to the cancellation of some evenings. This has now been rectified by the YMCA providing regular contract staff, but the numbers of children in the Senior club have failed to pick up. This has brought into question the demand for this service and the Council are finding it hard to justify the considerable expenditure for such a small number. However, on a good note we are pleased to confirm that the Junior club is now thriving.

The present contract runs until the end of May, the Council at this time will be considering the renewal of the contract.

**Your feedback would be appreciated!**

**Juniors 5.00pm-6.30pm and Seniors 6.30pm-8.30pm, held on  
Fridays**

## The Parish Council

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

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

## Annual Parish Gathering

**Monday 22 April 2024**

**The Annual Parish Gathering is a meeting to receive reports on its activities over the last year. It is not a Parish Council meeting.**

**Everyone is welcome!**

**This year's guest speaker is Jim Freeman from Galliford Try, he will be updating us on the latest news about the A47 dualling.**

**Meeting to be held at Poultec, South Green 7pm Refreshments provided.**

## MATTISHALL PARISH COUNCIL BUDGET 2024 - 2025

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

Mattishall Parish Council has set its budget for the 2024/2025 Financial Year, which will enable the Council to continue to manage and deliver a range of important local services.

Households in Band D will pay £101.36 for a whole years' worth of Parish Council services, which is around £1 a week per person in an average household with two adults. Despite unprecedented financial pressures, the Parish Council is committed to provide our residents with high quality services to meet the needs of our local community.

### How does Mattishall Parish Council spend your money?



**Allotments:** Managing and maintaining allotment spaces.



**Burial Ground:** Cemetery, Churchyard, All Saints Church clock, War Memorial: Overseeing these facilities.



**Litter:** Providing litter & dog waste bins and supporting litter picking campaigns.



**General Expenditure:** administrative costs, room hire, tools and equipment etc.



**Planning:** Providing comments on planning applications and developing our Neighbourhood plan.



**General Maintenance:** ongoing repairs to gates, fencing and additional repairs due to vandalism. Managing community spaces: open spaces, grass cutting, tree planting etc.



**Entertainment and Events:** – Christmas, Commemorative and seasonal.



**Traffic Calming:** Implementing measures to improve road safety.



**Childrens Pay Area:** Costly maintenance and mandatory safety inspections.

### Your Mattishall Parish Council

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



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- A Blue Light staff member
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I [gymtec-fitness.co.uk](http://gymtec-fitness.co.uk)  
I Mattishall, NR20 3JY

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Tel: 07813 363498

**Mixed Media Workshops  
Monthly Art Journalling  
Monthly Craft and Natter meets**



**Seascape  
Workshop**

**Upcoming Classes:**

- 27th March: Fabric Paint Play Afternoon
- 2nd April: Craft and Natter Afternoon
- 3rd April: Art Journalling Day
- 10th April: Mixed Media Workshop with Houses
- 24th April: Plaster of Paris Play Day
- 1st May: Christmas Houses workshop
- 7th May: Craft and Natter Afternoon
- 8th May: Art Journalling Day
- 15th May: Mixed Media Workshop
- 29th May: Pouring Medium Play Afternoon
- 4th June: Craft and Natter Afternoon
- 5th June: Art Journalling Day
- 12th June: Mixed Media Workshop Beach Scene
- 19th June: Christmas Houses Workshop

All the details can be found at  
<https://www.tando-creative.co.uk/mattishall-workshops.html>

**Rockinghorse  
Daycare**



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

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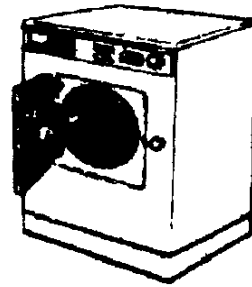
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Website: kevinkeeler.wixsite.com/sunnyside-furniture

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# USEFUL LOCAL PHONE NUMBERS

## Mattishall's:

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

## District Councillors

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

## Norfolk County Council Mobile Library Timetable—Mattishall Wednesdays—normally every 28 days

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

**NEXT DATES:**  
17th April 15th May 12th June

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 The same: £1,224.45.
- 2 The grandmother she is talking about is her father's mother.
- 3 Mrs Thomas' garden is three times the size.
- 4 He is buying the brass numbers for his front door.
- 5 7. Each entry is the square of the previous entry.

# SPRING Quiz

## Answers from the last issue

(1) 24 (2) Dog (3) Sweden (267,570) (4) 1959  
(5) Spandau Ballet (6) 6 (7) 2 (8) Shortest road in the country (9) Henry VI (10) ½ p

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 30th April.

1. Paris is holding the Olympics in 2024. When did it last do so?
2. Which is the only other city to have held the Olympics 3 times?
3. What shape are warning signs whilst driving?
4. Nike make shoes but she is the goddess of what?
5. How many presidents of the USA have been assassinated?
6. Northamptonshire borders the most counties. How many?
7. Northampton town football club is nicknamed what?
8. Which type of pasta means "little worms"?
9. In an Indian restaurant, if you were served "aloo" which vegetable would you be eating?
10. Rowan Atkinson played an inept secret agent in this series of ads but what was he advertising?

## Miscellanea Production Schedule

to be ready for w/c	Adverts and payment submitted by	Reports & articles submitted by:	Printed and ready for delivery
June 2024	Fri, 31st May	Wed, 5th June	Fri, 21st June
September 2024	Fri, 6th Sept	Wed, 11th Sept	Fri, 27th Sept
December 2024	Fri, 8th Nov	Wed, 13th Nov	Fri, 29th Nov
March 2025	Fri, 7th Mar	Wed, 12th Mar	Fri, 28th March

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