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The Quarterly Mattishall People's Magazine Autumn 2025 Issue 104

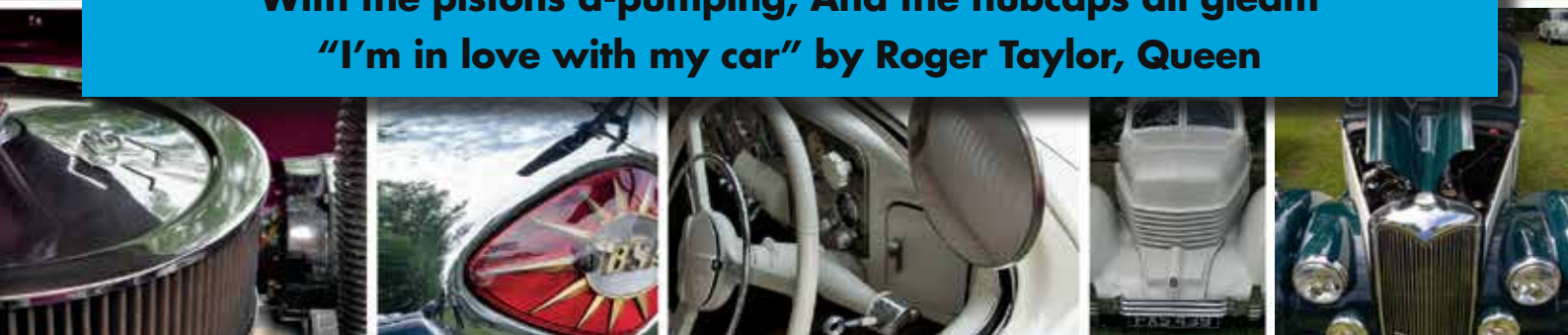
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Miscellanea

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Front cover photos taken by Kevin Bingham at the Classic Car Meet held at the Acorn Hut in August

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From the Editor



Anne Jackson

In the last issue I was complaining about the rain as we were having a brief, very brief, interlude from the sunshine but now I really want some rain. I'm fed up with looking at parched grass and so fed up with watering! I know we are never happy with the weather and climate change will make it even harder but I'm sure the seasons were more predictable when I was young – or perhaps that's just my memories playing up.

It is always a pleasure to announce something new and exciting in the village: a wonderful new play area adjacent to the Memorial Hall and Sports & Social Club. The money was raised by the Mattishall Memorial Hall and Playing Field Committee, more details on p14. So, thanks to the committee and, hopefully, it will be enjoyed by many.

I am about to visit the Emerald Isle to meet family I haven't seen in decades. It will be an emotional trip as my mother was born there and we hope to visit venues from her youth. I have always been interested in the past, that is probably why I enjoy reading Ray Taylor's accounts about past life in Mattishall. His accounts really make you wonder what it would have been like to live here then. Having said that, his current article (p26) is about theft, murder and execution – not the rural, gentle life described in previous articles.

Well, now for the packing….

Anne

Changes to the telephone system

"The system changes are in progress in many parts of Norfolk. If you are using any form of medicare alarm system, please get in touch with your provider as soon as possible"

Gerry Goldner
01362 289038 or M 07908 205023

Able Community Care offer free advice and this question deals with the problem for many older people and their families, finding out about how to get their feet cared for to ensure healthy feet and safer mobility.

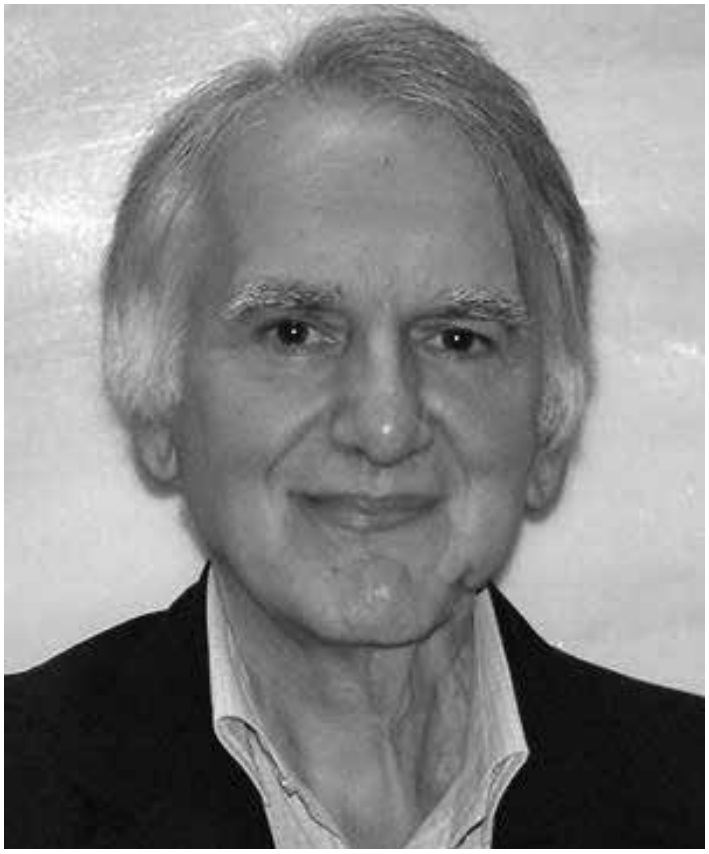
Q - I need some help to get an older relatives feet looked after. Where can I get such help and does it have to be paid for?

A - If it is a foot condition that limits movement, then your relative may qualify for free chiropodist and podiatry services through the NHS. Many AgeUK branches also have trained workers who will provide a basic level of foot care, such as toenail cutting, and can offer general guidance.

If such footcare is not freely available in the area in which your relative lives then you will have to pay a podiatrist, also known as a chiropodist, to get the help needed. To find one locally visit the regulating body, the Royal College of Podiatry's website for a list of their members.

Able Community Care Ltd
www.ablecommunitycare.com

A LITTLE BIT OF JARGON



John Norton

In this day and age it's hard to get away from jargon. Politicians, newspapers, broadcasters, social media are full of it. We use it in our everyday conversations. It has become part of our language.

But in Norfolk it's different. Because, as we all know, jargon is what Norfolk people do to keep fit. "They goo jargon".

It's very catching and it caught me over a decade ago. I'd always loved sport, although my natural talents were extremely limited. Then I was seriously ill and had to have a good 6 inches of my tibia bone removed from my leg (or it may have been fibula – I always get confused). This was required to be grafted elsewhere to replace another bone which had to be removed. When the surgeon told me what he was going to do my first reaction was to ask how am I going to be able to walk with a leg bone missing? He shrugged and said your footballing days may be over but you'll be able to get around - you'll just lose some spring in your step. He wasn't wrong!

When released from hospital and recovering from a 10 hour operation I very slowly and painfully managed to hobble and then walk again. I walked around the village further and



further each day until the dawn came when I looked up to the heavens and threw my walking sticks away as if cured by some divine intervention.

A half marathon was coming up in a couple of months. I made a vow to participate. My school motto came back to me – "He conquers who conquers himself". During my walks, starting with 50 yards at a time, I began to "goo jargon". Then 100 yards, then a quarter of a mile without stopping. I was really slow and ladies walking their dogs would just about overtake me. These lovely ladies were very friendly and encouraging but deep down must have thought what is that silly old b****er doing?

I got up to two miles, then four and then the day of the half marathon arrived. All I can say is thank goodness it wasn't a full marathon. I think I probably broke the world record for the slowest time ever as all the other participants sped past me. But in my defence I will say that, although it was a snail's pace, I never stopped "running" Although it was more like a slightly quicker walk

And for some strange reason I've never stopped "running" since, albeit nowadays It's only a couple of times a week. I've christened myself "Flash". I hasten to add not because I expose myself, but because I'm so fast! People tell me it's like seeing a streak of lightning.

I follow rituals. The most difficult one is getting myself out of bed on a cold winter morning to do it – hoping it may have to be abandoned because it's frosty and too slippery. That's the downside – the upside is patting yourself on the back when you get back. My two and a quarter mile route is divided into 10 legs and 20 stages. It helps to have targets when you're gasping for breath. My aim is not to meet or be passed by more than 20 vehicles, although standing on the grassy verges to let them pass is a good excuse for a short rest. And I time myself before staggering into Mattishall News to get the Eastern Daily Press. The fantastic people who run the shop must now be used to a breathless, sweaty old man entering their domain. I just hope it doesn't frighten the other customers

Since I turned 70 I have completed nearly 700 of these "jargon" excursions. My record time was several years ago now but I'm getting slower and slower. There was one occasion when I genuinely felt I was flying – but my Fitbit stop watch didn't work that day. That's what I tell people anyway. And I'll let you into a secret - there have been several times when I've actually overtaken the lovely residents of Mattishall walking their dogs.

It's my seventy something birthday today as I write this. And guess what – "I'm a gooing jargon!"

Illustrated by Michael Blackman LITTLE BIT OF JARGON

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Mattishall & Lenwade Patient Participation Group

The Mattishall & Lenwade Patient Participation Group (PPG) had a successful stall at the local community fete on July 27th. Here are some highlights from their report:

- **Tombola Success:** Local businesses and residents donated prizes, raising £50 for patient benefits. The lucky winner of 'Name the Bear', now Benny, took him home at the end of the day.
- **Awareness Objective:** The PPG aimed to increase awareness of their group, purpose, and engagement. They had a busy day speaking to local people, distributing branded giveaways, and engaging children with games.
- **Feedback and Suggestions:** The PPG received wonderful feedback on improvements made at Mattishall Surgery and Pharmacy and gathered valuable suggestions and concerns from the community.
- **Key Takeaways:** The PPG recognised the need to improve ways to reach village members who are not online and may miss important information. They also learned a lesson about glitter balloons! Apologies to the fete organisers for the extra cleaning!
- **New Booking System:** The PPG had interesting conversations about the new system, Anima, which would be launched the following week. Village members were encouraged to try Anima and were assured of support from surgery staff to become accustomed to it.

The PPG team would like to thank local businesses that donated to their tombola, the fete organisers, and everyone who visited their stall. They concluded that they achieved their awareness objective and look forward to continuing their work with the community.



If you'd like to learn more about the Mattishall and Lenwade PPG, you can follow their Mattishall and Lenwade Surgeries PPG Facebook page or visit their board in both surgeries for updates and monthly topical information.

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MATTISHALL COMMUNITY HUB

Promoting social contact & community projects





After much worrying about whether or not it was going to 'rain on our parade', we finally decided to re-locate our Norfolk Day Community Fete from the Village Green to All Saints Church and the event turned out to be a resounding success! We were delighted to welcome so many people who came along and supported the many community groups who took part - a great big 'thank you' to you all.

There was some wonderful musical entertainment from SqueezEast Concertinas, The Melodies and the Mattishall Community Choir and so many amazing cakes provided by Mattishall & District WI who organised the refreshments. There were games and competitions, delicious fresh produce and various activities for the children. We really hope that you were able to come along on the day and enjoy this happy occasion.



Almost all of our local community groups were able to participate, for free, and this event gave them the opportunity to advertise and promote their activities as well as raise a bit of extra money for their, often limited, funds. We are lucky to have so many community groups in the village so please 'use them or lose them'! (We produce a 'What's On' leaflet, listing all of the local community groups, which can be picked up at our regular sessions or from Mattishall Post Office.)

We cannot report on this event without giving a mention to the team that made it happen; Helen, Nicky, Carol & Hazel (MCH Committee), Roisin (Community Allotments & Woodland) and Lizzie (Drop-in & Wellbeing groups) and all of the volunteer helpers. Special thanks to All Saints Church for allowing us to de-camp into the church at such short notice!

For now, it's back to our monthly social sessions with the next one coming up on Tuesday 7 October from 2.00pm to 4.00pm at Mattishall Memorial Hall. This will be a special celebration event as it marks our 3rd anniversary so there will be fun activities and lots of cake! It's hard to believe that it has already been 3 years since we, tentatively, started up our social sessions for wellbeing. Since then, we have welcomed over 100 local residents who have joined us for free tea and friendly conversation at our social sessions. We are a non-profit group run entirely by a (very small!) team of volunteers and we are able to provide these sessions, free of charge to the users, as we have successfully applied for funding since the outset from, initially, Mattishall Parish Council and, subsequently, Breckland District Council and the National Lottery Community Awards.

Over the past three years we have also organised and run the Coronation Big Afternoon Tea, a TableTop Sale, a D-Day Commemoration event, our recent Norfolk Day Community Fete and two lovely coach trips to Bressingham and Pensthorpe. We have also commissioned and installed a replacement Community Noticeboard and the new Little Library, as well as hosting special sessions raising almost £1,000 for other non-profit groups and charities. We also try to do our bit for the planet by having a re-use and recycle policy including a service for people to bring their empty, tablet blister-packs to be recycled.

Of course, putting on all of these community events takes an enormous amount of planning and effort. It is very true that 'many hands make light work' so if anyone feels that they would like to get involved in the fun of organising and running future community events by volunteering with MCH - your contribution can be as big or small as you are able to commit to - please let us know, we'd be very grateful for your help!

Meanwhile, on a personal note, I will be 'handing over the reins' and stepping down as Coordinator after our October session in order to concentrate on other projects that have been on hold for some years now but I wish Mattishall Community Hub continued success and hope that you will all carry on supporting them as they provide such a worthwhile service to the village.

MCH social sessions are held every First Tuesday of the Month from 2-4pm at Mattishall Memorial Hall, South Green (next door to the Sports & Social Club). Free entry & refreshments. All ages are welcome.

Helen Brook. mch23@btinternet.com



DESERT ISLAND DISCS

Oh dear – no-one was ready to share their choice of songs or music for this issue, ***would you like to?***

Most of the previous contributors have said how difficult it was to pick just 10 favourites but at the same time found it an enjoyable exercise, why don't you have a go?

Please be in contact and let me know your favourites.

Email and phone contact details on page 3



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By Kim

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MATTISHALL & BURGH CHARITY

The Charity in its present form dates from 2001 when the previous 2 Charities were combined into one Charity. The aim of the Charity is to provide relief for the needy of Mattishall and Mattishall Burgh and it achieves this by making a once yearly payment around 1st December to qualifying residents of Mattishall and Mattishall Burgh. The Charity can also, if asked, make "one off" payments at any time during the year

The monies used to make the payments come from rents received from various parcels of land around the Mattishall area and investments. To increase the total amount of money available for distribution the rents received are banked in order to attract interest. Once the total money available for distribution is known, the amounts to be allocated to individual claimants depends upon the actual number of claimants. These payments therefore can vary up or down from year to year. Around the beginning of October annually, Notices are placed around the village inviting residents of Mattishall and the Mattishall Burgh whose total yearly income does not exceed certain criteria to apply for relief.

These Application Forms are vetted, agreed and put into the various monetary groups. (ALL INFORMATION GIVEN IS TREATED AS HIGHLY CONFIDENTIAL.) The Trustees of the Charity then calculate and allocate an amount of money to be payable per group member for all the claimants in that group banding.

Currently the Mattishall & Burgh Charity is administered by six Trustees each of whom is nominated and approved by the Mattishall Parish Council. Their period of appointment is for four years and they can be re-appointed by the Parish Council.

At the moment the Trustees are as follows:
Frederick Garner, Urban Hawkins, Mrs Anita Moore, Mrs Pauline Cox, Ms Eileen Browne and Richard Norton. The Vicar of All Saints Church (ex Officio Trustee).

Contact may be made with the Charity by telephoning The Clerk to the Charity (Mrs Marjorie Ward) on 01362 850840 or through any one of the Trustees.

The following are the bands of income relevant to the Application Forms for 2025 which has to be submitted by *31st October 2025*.

Single/widow/widower/unmarried people
(i) Income under £230 per week ii) Income between £231 and £270 per week
(iii) Income between £271 and £290 per week.

Couples/unmarried couples
(i) Income under £350 per week (ii) Income between £351 and £2375 per week
(iii) Income between £376 and £405 per week.

Application Forms for 2025 may be obtained from the Clerk, Mrs Ward, 48 Burgh Lane, Mattishall.

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The lady who used to be from the library

Let's touch upon the topic of the automobile. We currently own two cars, one each, a Kia Sportage for Robin and a Kia Soul for me. They are both quite old now and since I no longer drive we have begun thinking about trading them both in for one car suitable for us both.

Now you might think that this would not be a problem but simply a case of choosing from the myriad options on the market. But that's exactly the problem. There are too many variables.

Time was, choosing a car was straightforward. You had a budget, there were only a certain number of choices within the financial constraints and makes of car and the hardest thing to do was to pick a colour. Brown or green. My parents' first car was a green Morris Minor. It was marvellous. It rattled and the wind blew inexorably in through its manually operated windows. It also had adorable little "winkers" that popped out at the side to indicate left or right turns. I was never car sick in this auto.

Then my father got a job in the city and a company car. We were upgraded to a sleek white Triumph 2000. It was a smoother ride and didn't rattle at all. But I was tremendously nauseous on every journey. Even a trip to the local town on a Saturday morning was a trial and our annual visits to Cornwall were excruciating and punctuated with stops to empty the receptacle I clutched to my chest for the duration. We went on to obtain other Triumphs including the impressive sounding petrol injection version. They all made me sick and they were all white.

Having tried and tested Audis, Rovers and a brown Renault my dad saw the chance to up his game to the new and exciting Espace. This was a seven seater and a novel concept back in the 80s. Robin and I had moved back to Essex from Newcastle and could fit in the new vehicle with baby Kate. Thankfully, I was never sick (bar once, on the windy B1035) in a car again.

Our first family car was a Fiat Panda. It was fiery red and I drove it happily back and forth to nursery and playgroup. Upon having three children, we needed a somewhat more capacious car and Robin got a blue Vauxhall Cavalier. It was a bit laid back for me, I'd enjoyed the more upright position in the Panda but the Cavalier had oomph and Robin loved it. It behaved atrociously like a Ford Capri and outpaced bigger cars at traffic lights. We drove it until it wore out completely. It was a sad day when he took it to the scrap yard and I drove him back in my Daewo Matiz. This little car (silver) was a revelation. It was nippy and zipped along but was surprisingly roomy and fitted all three children in the back. Robin was driving a fiat Punto at this point but we often made the Essex trip in my car.

Over the next few years Robin drove a pastel blue Citroen, a maroon Espace and a grey Kia Ceed before his Sportage. I had a couple of old bangers for the library run – the busses never did get me to work on time – before my Matiz and subsequent car the Toyota Yaris Verso and my now car, the Soul.

So here we are, overwhelmed by choice because there are so many different types of vehicle out there now. Should we buy electric? Is range anxiety a thing? Is there the infrastructure



Tina Cooper

and can we drive to Scotland twice a year in snow? If we don't embrace the new technology do we go petrol or diesel, manual or automatic? What exactly are our parameters.

Well, I think I have the answer. It all comes down to knees. Mine. Recently, we visited a car showroom and sat in a few potential next cars. My knees hit the front console in all but one. I have long legs and the length seems to be in the thigh. My thighs are nearly five inches longer than Robin's. I fitted comfortably in the Peugeot Partner with wheelchair access and thus large capacity boot space. Whilst we don't require a wheelchair it's a useful feature maybe for future us or aged relatives. Actually, we are the aged relatives in this scenario. But I researched wheelchair access cars on the internet and found many models at reasonable prices. Unfortunately, as a result of my search the algorithm now sends me advertisements for wheelchairs, cruises and incontinence solutions on my feed. Nevertheless, undaunted and inspired I shall sit in numerous cars in my quest for knee room. I need to be able to clamber in and out elegantly too. My days of low slung sports varieties are long gone.

Robin is saddened by my preference for boxy vehicles. He likes a sleek saloon. Watch this space. With all these adverts for incontinence aids, I might do well to buy a van with included toilet.

Check out our driveway.

Tina Cooper

Brainteasers Issue 104

Brainteaser 1 of 5

How would you make this equation correct without changing it?

XI + I = X

Answer inside back cover

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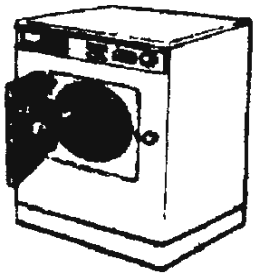
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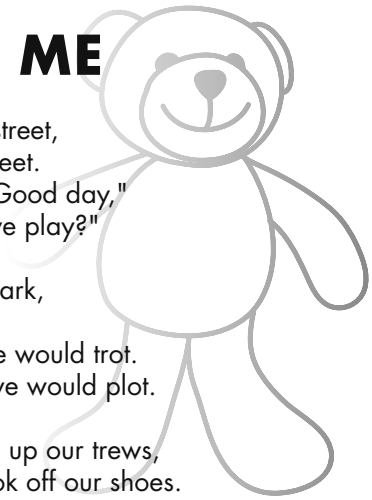


Mike Hamill

Mike's Scribblings



TEDDY AND ME



As I was walking down the street,
a teddy bear I chanced to meet.
I doffed my cap and said, "Good day,"
he smiled and said, "Shall we play?"

We walked together to the park,
and thought, just for a lark,
that to the paddling pool, we would trot.
Where, the day's activities we would plot.

We took off our coats, rolled up our trews,
and then, in anticipation, took off our shoes.
Into the pond we did step,
and giggled as our feet got wet.

We laughed and splashed and played the fool
The park keeper then just lost his cool.
He chased us and said, "we were banned."
So we made our way to the park bandstand

We sat in chairs that felt really nice
and nodded off in just a trice.
When we woke, the band was swinging,
and all the audience were loudly singing.
It was so uplifting. Oh, so bright,
that me and Teddy stayed the night

I saw the sky

I saw the sky 'twas pink and green,
the funniest thing that I have seen.
And then, upon a yellow hill;
A purple crow gave a trill.
An orange cloud went floating by,
whilst a woolly goat gave a sigh.
It's never good, I heard him bleat,
When it itches; on my feet!
But, I suppose, it would be much less fun,
if the itch was upon my bum!

Loneliness

I sit alone on a sunlit beach, at a table just for one.
I watch the twilight fade away at the setting of the sun.
I see the evening stars appear; luminescent shards of light
Twinkling in the skies above, beacons in the night.
I sit alone on a darkened beach at a table just for one.
And sift slowly through my memories, and savour each single one.
I see, in multicoloured frames of past times and space;
I reminisce on each event; enjoying each remembered face.

I sit alone on a sandy beach at a table just for one
I smile at the warming, brought by the rising sun.
I look around at the slowly gathering throng
And, I am no longer alone. The loneliness is gone.

Words

The daylight breaks. The sun shines,
and I am filled with words and rhymes.
They flow through. They drip from my tongue.
Which is correct? Which is the one?

They come from the lexicon of my mind.
They twist and turn and unwind.
They form shapes that I must obey,
as they meet another, rising day.

This panoply of shapes does oft astound
as they dance and form, perfect sound.
This gift of words that we employ
to tell a story, in word or song, and to enjoy.

Morphemes form in my mind
and conjoin, over time.
To bring a language that ebbs and flows.
As forever, our dictionary grows.

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A New Play Area in Mattishall



It has been a while in getting there but finally the new play area beside Mattishall Memorial Hall and Playing Fields is open!

As you may already know, the decision to install a new play area was taken in February 2020 following a failed safety inspection of the previous equipment. After getting quotes and designs from various suppliers, a deal was signed with NGF Play from Gressenhall.

Then came the fundraising. To cover the cost of the work and materials we needed to raise a large amount and, for a while we were trapped in a situation where, although money was coming in, costs were also going up. This was made worse when supply costs rose dramatically following the Covid period. Ultimately, the total cost of the project is in the region of £58.000. Fortunately, due to being awarded a number of grants we had various contributions from events organised by hard-working individuals and organisations as we looked forward to getting the new play area installed.



Frustratingly, the actual installation was delayed over the winter months and subsequently because of challenges achieving a workable ground surface on which the soft-bond flooring could be laid. Finally, in August the work was finished, the contractor's big fences came down and the play area was open for use. We have erected a board listing the key contributors to this project to whom we are very grateful, but the Committee wish to sincerely thank ALL contributors who made the play area possible, whatever the level of support. Whilst large donations were invaluable, efforts from local groups and individuals were equally important and well-received, particularly in keeping the project in the minds of the Mattishall community.

Let's hope that the warm weather holds up for a while longer so that our children can enjoy this lovely facility before the colder days and longer nights overtake us.

Committee of the Mattishall Memorial Hall and Playing Field Association.



A TALK BY TWO SCIENTISTS FROM THE QUADRUM INSTITUTE AT THE NORWICH RESEARCH PARK.

The health of our gut might not seem like a riveting topic for a talk, but somehow these two scientists made it very interesting and informative.

The main message was the importance of the microbial state of our gut being in balance. This means having a diversity of microbes. Babies are born 'sterile', but begin to ingest microbes from their mother's milk (or formula milk) and things they put in their mouths. Initially then, there is a low diversity of microbes. Toddlers develop a high diversity of microbes which are unstable. By teenage, the microbial make-up of each individual is high and stable and is maintained through adulthood until age of approximately 65, when it becomes more unstable and less diverse. Research is going on to find out why this occurs, because the more diversity, the better for health and disease-resistance. Imbalance has been found to be a contributory factor in diseases of the brain, like Alzheimer's and of liver infections, IBS, some cancers, diabetes and obesity. A healthy gut can intercept and block harmful microbes which enter the body.

Microbes in the upper part of the intestine extract the good things out of the food we eat. Microbes in the lower part deal with the rest. A good daily intake of fibre is essential for good gut health. Research has shown that between the ages of 19 and 74, the average intake of fibre is 19g per day; over 75, it's 17g. Ideally, we should eat 30g of fibre a day to keep a healthy gut. 70% of our immune system is in the gut. A healthy gut can protect us from pathogens. Eating more bread, lentils, fruit and vegetables and, for example, the skins of potatoes increase our intake of fibre.

The difference between prebiotics and probiotics was explained – Prebiotics are beneficial as they contain fibre. Probiotics such as live yoghourt are also beneficial as they contain live micro-organisms.

The audience was asked to indicate whether they were omnivorous/flexi/vegetarian or vegan. The majority was omnivorous. The scientists said that research into gut health is tending to suggest that a predominantly plant-based diet is best for gut health and therefore for disease-resistance. This doesn't necessarily mean abandoning red meat, but suggests it should be eaten sparingly. Fish, especially oily fish, is good for gut health too. Next time you look at your meal on the plate, observe how colourful (or not) it is – the more colourful, probably the more healthy – red, orange, green, purple vegetables/fruit indicate a good spread of ingredients which will help your gut. Strict vegan diets are deficient in some important trace-elements like iron and vitamin B12, so supplements should be taken to address this imbalance.

71% of the Earth's land surface is habitable, of which 50% is agricultural land used to grow crops and rear animals. The latter has the biggest environmental impact, but there is research into animal feeds which would reduce the amount of methane emitted into the atmosphere.

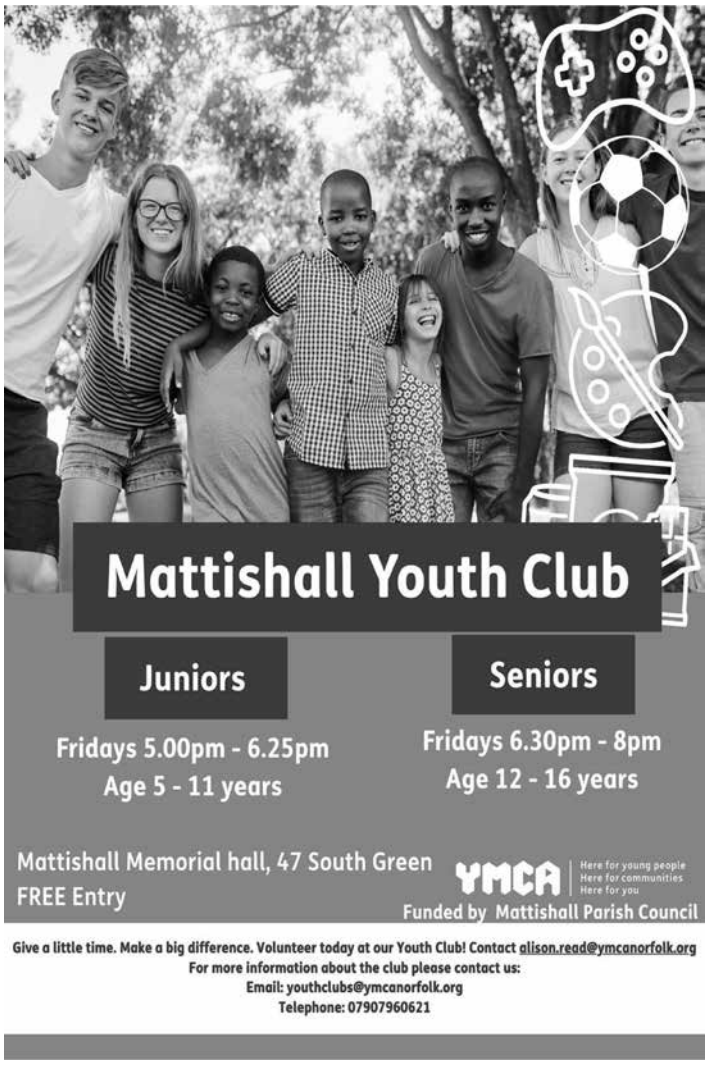
Anna English

Brainteasers Issue 104

Brainteaser 2 of 5

Hermione has two coins left in her purse. Together they are worth 30 pence. The only coins that exist that are worth less than 30 pence are 1. 2. 5, 10 and 20 pence pieces. If one of the coins is not a 10 pence piece, how much is each of Hermione's coins worth?

Answer inside back cover





LITTLE ANGELS

TODDLER GROUP

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

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

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

ALL SAINTS' CHURCH, CHURCH PLAIN, MATTISHALL

EVERY WEDNESDAY IN TERM TIME

9.00 AM – 11.30 AM

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

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

Further details from Sue Cossey.

Email: sue.cossey@matvchurch.uk

Tel: Church Office 01362 858873

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

Come along to a

family fun time at

All Saints' Church, Mattishall



2nd Sunday each month

(no meeting in August)

4.00 pm—5.00 pm

Everyone welcome

Children must be accompanied by a parent/carer

For further information contact

Church Office 01362 858873 or
contact@matvchurch.uk



FIRST SATURDAY - EVERY MONTH

9.00 am—10.30 am

ALL SAINTS' CHURCH

MATTISHALL

Calling all dads and male carers.

Come and have a fun time with your children.

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

Ages 0 to School Yr 2.

£3.00 per family.

Do join us. We look forward to seeing you.

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

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Louise or Julie on
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Scouts

1st Mattishall & District Scout Group

Scout HQ – On the grounds of the Mattishall Primary School

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

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

GROUP NEWS

Beavers In June we worked on our Adventure challenge badge trying bouldering, cross bows and stomp rockets; before checking our Green Cross Code knowledge and a hike to build dens. We worked on our Gardener badge, nurturing tomato, bean and cucumber plants. July came and we played a cops and robbers wide game and finished the term with a water night. We are looking forward to September with new Beavers joining us.





Cubs continued to be very busy for the summer term and are not set to slow down any time soon. They went back to basics with first aid and fire lighting skills before coming back to the more technical aspects with an evening on drones and how to operate them safely etc.

Recently, cubs enjoyed a day visit to Norjam - a major international jamboree held at the Norfolk showground. The cubs got to try lots of new things, meeting other cubs and scouts from around the world. They even managed to spend time with the Group's Scout section for lunch to exchange stories of their respective adventures, swap badges and generally share their excitement at being there which was lovely to see. Even Bobby bear joined in the fun. Leaders got to learn some new skills which we hope to be able to share with the entire pack in the upcoming term!!





Scouts had an outdoor half term with activities such archery, air riffles, kayaking on the River Wensum and Rounders. A team represented the Troop at the Annual District Air Riffles competition at Holkham and won the Team Trophy! In August 16 of our Scouts took part in the Carnival themed International Jamboree camp 'Norjam' at the Showground in Norwich for a week, along with several thousand other scouts. They camped with scouts from Beetley Troop and were part of the sub camp Trinidad & Tobago. They had the opportunity to have a go at an amazing range of activities and crafts, as well as join the evening music concerts.





Group News: The Group had a stall at the Mattishall's Norfolk Day Fete at All Saints Church, thank to everyone who came along to say hello and had a go on the roll a coin or card tombola. As well as the scouts camping for the week at Norjam Jamboree, two of our other leaders attended as part of the staff team to assist with the running of activities and one was on the media team filming throughout the camp. He was fortunate enough to meet the new UK Chief Scout Dwayne Fields during his visit to the event.

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

On Thursday 3rd July the children in Year 2 went on a family beach trip to Well-Next-The-Sea. This was to support their Geography project on 'Coastlines' and their Design and Technology project 'Beach Hut'. Each child was accompanied by a family member. We were extremely lucky with the good weather. The children spent time observing the coastline. They collected natural materials like shells, pebbles and seaweed and created some sea creatures. The children also observed the beach huts and had the opportunity to complete a beach hut quiz. The children had a lovely time exploring the coastline, making sand sculptures and spending time in the sea. It was a great day. Lots of family members commented how lovely it was having some quality 1:1 time with their child and observing them with their peers. There was much fun and laughter throughout the day and many treasured happy memories were made.







On Tuesday 8th July the Year 3 class had a Roman Day linked to their history unit 'Emperors and Empires'. They came dressed as Romans and made mosaics, shields and clay pots. They also learnt a song about the Romans and had a brilliant day!



Mattishall Primary School



On Tuesday 17th June Andy, from Solar for Schools, came in to school today to do his annual inspection of our solar panels. He spent some time with our Eco Ambassador Leaders Milly and Everly looking at our online data and then they got to explore a model solar panel and power a fan and an alarm. We're hoping that Milly and Everly will be able to give regular reports in assembly on how well we are doing. As Eco Ambassadors they are responsible for organising their team of ambassadors to do certain roles in school which includes, watering plants, switching lights off, litter picking etc. Andy was super impressed with both Milly and Everly's enthusiasm and knowledge. Following working with our Eco Ambassadors, Andy did a whole school assembly and a workshop with Year 3. The children learnt about how solar panels help our school create electricity. The children learnt about what we use that needs electricity. They worked in groups to watch the effect of the sun on solar panels and saw how they produce energy.



Rockinghorse Daycare

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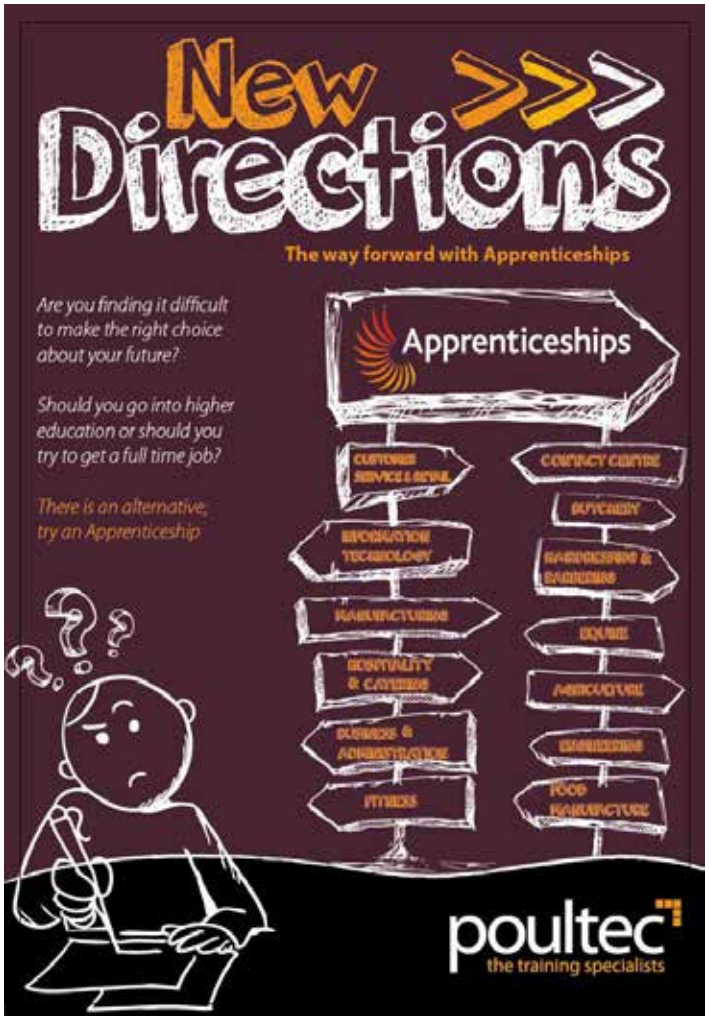




Contact
Debbie or Ruth on
01362 850409
rockinghorse.daycare@yahoo.co.uk

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Mattishall Youth Football Club





Mattishall Youth Football Club continues to be a cornerstone of grassroots football in our community, offering young players a place to grow, connect, and thrive through sport. With a proud tradition of nurturing talent and promoting teamwork, the club remains committed to providing a safe, inclusive, and inspiring environment for children to enjoy the beautiful game.

This year, our Under-11s team is proudly representing the club in the top tier of their age group across Norfolk. Competing at this level is a significant achievement and reflects the hard work, passion, and dedication of our players, coaches, and families. Facing off against some of the county's most established sides, our young athletes are embracing the challenge and showing remarkable growth in skill, confidence, and character.

The Under-11s have demonstrated resilience and unity throughout the season, consistently rising to the occasion and playing with heart. Their development on the pitch has been matched by their camaraderie off it, and we're now actively seeking new players to join the squad. If you know a young footballer eager to take their game to the next level while becoming part of a welcoming and ambitious team, we'd love to hear from you.

Last season was filled with memorable moments, culminating in a fantastic end-of-season tour at The Nest in Norwich. This experience gave the players a chance to bond beyond matchdays, strengthening friendships and building team spirit. It was a perfect example of what Mattishall Youth Football Club stands for: creating opportunities that go beyond football, helping children grow as individuals while making lifelong memories.

Looking ahead, we're excited to expand our club and rebuild the broader Mattishall Youth FC community. Football here is more than just a sport — it's a way to bring families together, foster personal development, and encourage active participation in local life. To support this vision, we're planning to reintroduce teams at younger age groups, starting with an Under-7s side.

Launching an Under-7s team marks the beginning of a new journey, allowing us to guide players from their first kick through to competitive football. To make this happen, we're calling on parents, volunteers, and aspiring coaches to get involved. The club will provide full support, including training opportunities and coaching qualifications, ensuring everyone feels confident and valued in their role. Being part of Mattishall Youth FC is deeply rewarding — not just for the players, but for everyone who contributes to its success.

As we build toward a bright future, we're also seeking partnerships with local businesses and organisations. Sponsorship plays a vital role in helping us grow, improve facilities, and offer more opportunities to young people in the area. If you're interested in supporting a club that's making a real difference, we'd love to connect.

We welcome new players, coaches, volunteers, and sponsors to join us on this journey. Together, we can continue building something truly special for the children of Mattishall and beyond.

To get involved, message us on Facebook or email: **mattishallyouthfc@outlook.com.**

Brainteasers Issue 104

Brainteaser 3 of 5

360 school children sit down for their exams. 5 per cent of them have one pen. Of the remaining 95 per cent, half of them have two pens, while the other half have none at all.

How many pens do the children have between them?

Answer inside back cover



Roundabout

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

Loades from Lizzie 01362 850491



Firstly, a very important date for your diary

FRIDAY 12th DECEMBER - CHRISTMAS COMMUNITY CHEESE AND WINE SUPPER - FREE

I have decided to make the Christmas event extra special, cheese and standard wine but this time with mulled wine added and Christmas treats. There will be a quiz, music, storytelling and lots more so watch out for full details in the next edition and posters around the village nearer the time.

DROP IN



We meet every Thursday from 10-12 in All Saints Church, Mattishall. A very friendly social group, we offer tea/ coffee/biscuits and cake. If you enjoy a chat over a cuppa we would love to meet you.

Some of us bring our knitting and crochet to do while we chat, and to see what others are making. We sometimes have books that can be of interest as well.

We do not receive any grants so if possible we like people to offer a small donation (suggest £2) to help cover the cost of running the event. When the Swan starts food again some of us will be going over together for lunch. Makes it a nice full morning out with good company.

We are also able to offer support to anyone needing a chat or to be directed to another organisation that can help, eg foodbank, finance, mental health. All are welcome to join us, we offer a great way to make new friends, chat and maybe bring your knitting along.

I have to thank my team of helpers who work really hard to make sure everything is in place and runs smoothly. I would struggle without them, especially recently when I have been caring for my husband Ivan who has been in and out of hospital. He sends his thanks for all the good wishes from his friends at Drop In.

SINGING FOR WELLBEING

We meet twice a month, the second Wednesday 1-2pm and the fourth Thursday 7-8pm. That offers a time for those who prefer daytimes and for those who are maybe at work during the day. Most people come along to both sessions. We meet in All Saints Church and all sessions are **FREE**

You do not need any musical knowledge or to have a good voice, this is just for fun. Singing is very good for your health and wellbeing, it lifts your mood and helps with breathing. The songs are all well known and range from Abba to Vera Lynn!! If you turn up a bit early you can join us for a cuppa before we start.

THE AIM IS TO LEAVE WITH A SMILE ON YOUR FACE

The group has formed a community choir who lead community singing. We will be singing at the Christmas supper so are already singing songs for that evening



LIZZIE'S BOOK LOVERS CLUB

Our very informal book club meets monthly on the 2nd Wednesday from 2.30pm in All Saints Church, Mattishall. We are not your run of the mill club, there is no set reading, we just meet to chat about the books we have all been reading and to swap them among the group. This is a great way to meet like-minded people who enjoy reading and to make friends. Also, a good way to find new reading material.

New members are always welcome to join us. There is no charge but a donation to help towards running costs is useful.

I hope that you will come along to one of the sessions I am involved with. **Located right in the middle of the village** we are close enough for most to get to and we are **on the bus route** for those who find walking difficult. We have plenty of space in the church building and it has a lovely atmosphere, especially when full of people. My activities are for EVERYONE so please come along, you will be made very welcome.

Take care everyone and keep singing - it's good for you!!

Lizzie

All Saints Church Mattishall has regular Sunday Services at 9.00am (traditional) and 10.30am

including a **Harvest Service** on Sunday 5th October, 10.30am

Benefice Holy Communion Service on Sunday 26th October, 10.00am

Remembrance Service starting on the Village Green on Sunday 9th November, 10.40am

All Saints Church Welborne has regular Sunday Services at 9.00am

Benefice Holy Communion Sunday Service on 23rd November is taking place at St Peter's Church Yaxham, 10.00am

For all enquiries including Sunday services, funerals, weddings, baptisms and church events please contact:

Mattishall and Tudd Valley Benefice Church Office, Dereham Road, Mattishall (next to the pharmacy)

contact@matvchurch.uk or 01362 858873

Antiques & Collectables Valuation Day

Hosted at All Saints Mattishall Church on Saturday, 8th November, 10am - 3pm

Watch out for further details on posters near the church and in the village next month

Quiet Morning event, 22nd November, 10am – 1pm

Hosted at All Saints Mattishall church and led by Anne Molyneux

With bible led meditation, prayer stations, creative and reflective spaces

Everybody welcome – Do invite family and friends

Free to attend but donations welcomed towards refreshments and resources

Mattishall Methodist Church

Weekly Sunday Services at 2.30 pm

Weekly **Bible Study** - Thursdays at 2.00 pm. alternating with Garvestone Methodist Church - Contact Fred on 850750 for venue.

Sunday 28th September - **Harvest Festival Service** led by Mrs Pippa Cook at 2.30 pm.

See Noticeboard for details. All welcome.

Meeting Rooms for hire - Enquiries to Fred on 850750.



Bridge Club



Scrabble



Ten Pin Bowling



Darts

Plus theatre, cinema, exhibitions, lunch

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

2nd Wednesday each month 7.30 pm at Mattishall Memorial Hall

Next meetings ...

8 October
The Trial of the Detectives
Susan Parry

12 November
Annual Meeting
and Beetle Drive

10 December
Christmas Party
Bob and Lizzie's Christmas Spirit

For more information please contact either

Jackie Tooke
01362 858447
or
Pat Hamilton
01362 850286

NORFOLK

theWI

INSPIRING WOMEN OF MATTISHALL

Art & Craft Group

Whether you like painting, knitting or needlework or any other similar hobby why not come along to our group to enjoy a chat, a laugh and good company



Every Wednesday, 2pm – 4pm
Mattishall Memorial Hall
£4 per session.
(First visit – free!)



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

Would you like to help your community?

Mattishall Community Car scheme are looking for drivers.

It's a volunteer service so you can do as much or as little as you like, as drives are requested I would contact you to see if you are available to help with that drive. We help people who live in the village to get to their medical appointments.

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

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Mattishall & Lenwade Surgeries News

2025 Seasonal Influenza and Autumn Covid Campaign

September – we are taking bookings for 2/3 years olds and at-risk children to have the nasal flu and for pregnant women to have the flu vaccine. School age children should have the vaccine as part of the school campaign unless they have a medical condition that puts them in one of the 'at-risk' categories.

From October – clinics are on the system for all other eligible patients to book an appointment for flu only, covid only or a combined flu and covid appointment. There are different flu vaccines for at risk patients (under 65 as at 31st March 2026) and over 65 patients (as at 31st March 2026) so Reception staff will book patients into the correct clinic so stock can be allocated.

We have sent SMS messages with a directly bookable link to all patients with a mobile number and letters are being sent out for those without a mobile contact.

Please use the link to arrange your appointment within 7 days of receiving it or call Reception after 10am to request an appointment.

We have clinics on some Saturdays, early mornings, afternoons and evenings at Mattishall and afternoons at Lenwade Surgery but patients can attend at either site.

If you do not wish to have the flu or covid vaccines this year please let Reception staff know and we can add a note to your clinical record so that we don't need to contact you again.

If you have a mobile contact please provide this to Reception staff and we can add this to your clinical record so that we can send you a reminder of your appointment.

How to request an appointment with the GP or Advanced Nurse Practitioner

We launched Anima on the 4th August – a new online triage and appointment system designed to help you quickly get the care you need.

Please see our website www.mattishallsurgery.co.uk for information on how to submit a medical or admin request.

We no longer take requests for appointments for the GP or ANP over the phone but you can still book an appointment with the Nurse for example for routine reviews, blood tests and vaccinations.

If you need help in completing an Anima request please contact Reception staff who will be happy to help.

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Brainteasers Issue 104

Brainteaser 4 of 5

The bell ringer at Wells Cathedral takes 2 seconds to ring the bells for 3 o'clock.

How long does it take her to ring the bells for midday?

Answer inside back cover

SLEEPY MATTISHALL IN THE NEWS!

Quite some time back I was able to look through a lot of old digitally scanned newspapers going back to the late 1700's - I did a search of 'Mattishall' thinking it would just result in adverts for fetes and church events, how wrong I was. What I found, which had been locked away for over two hundred years, were some fascinating articles which related to our village history. Even petty crime was treated very harshly in those times, it was the time of the "Bloody Code" when over 200 crimes carried the punishment of death! When reading the transcriptions below keep in mind I have tried to copy these word for word so you will find some of the language a little different to that of today. The first story centres on Yaxham and Clint Green, however, there is no doubt the folks of Mattishall would have been well aware of it. Hope you find them as interesting as I have. I have added some explanations in italics of unfamiliar words and locations.



1785: Feb 19 - Norfolk Chronicle:
On Friday evening last, about even o'clock, as Peter Seaman, (age 63) a farmer, and Henry Seaman, both of Yaxham, were going home in a common footpath leading from the parish church in Yaxham, they were fopped by a foot-pad *(a highwayman who robs on foot instead of a horse)* who knocked them both down with a bludgeon. Peter Seaman was robbed of two guineas and a half in gold, and a crown in silver. Henry Seaman was robbed of his hat only. A hue and cry being set on foot, and a fufpicious perfon *(suspicious person)* going into a public-house at Dereham kept by Mr Wigg, an officer, who saw some blood upon the shoulder of his frock, immediately carried him before Justice Fenn and Justice Rafts, who committed him to the Castle on the oaths of Peter Seaman and Henry Seaman and several other witnesses, on suspicion of committing the above robbery. It is fuppofed *(supposed)* he has lately been on board the hulks at Woolwich, and has been in Newgate. His name is James Clifton.

1785: Feb 26 - Norfolk Chronicle
Tuesday, DIED OF HIS WOUNDS, Peter Seaman, brother to Henry Seaman, who were flopped by a footpad at Yaxham on Friday the 11th isnt, and Henry Seaman, we hear, is on path and all hopes of recovery. One James Cliffen is committed to the Castle on suspicion.

1785: April 1 - The Times:
On Thursday last, (March 24th) James Cliffen was executed on the Castle Hill, Norwich, pursuant to his sentence, and his body was afterwards delivered up to be hung in chains, on Badley Moor, *(Cut Throat Lane, Clint Green)* between Mattishall and East Dereham. He persisted in his innocence to the last moment, and appeared quite hardened, and very indifferent about his unhappy situation. James Cliffen had been found guilty on March 17th 1785 of the murder of Peter Seaman a farmer of Yaxham.

The local story goes: James Cliffen was drinking in the 'Great A' Inn on Dereham Road, Yaxham near the church. Peter Seaman came in with his brother Henry and during their time there, Peter revealed he was carrying a large amount of cash. It is reported both Peter Seaman a farmer and Henry Seaman, both of Yaxham were going home on a common



footpath when they were flopped by a footpad *(a highwayman operating on foot rather than riding a horse)* who knocked them both down with bludgeon. Peter was robbed of all his cash and left with very serious wounds from which he later died. Cliffen was hanged, outside the County gaol at Norwich and then his body returned to the parish from which he came and hung on a gibbet in chains on Cut Throat Lane, Clint Green. The cost of the gibbet was £8.16s.

Local story also goes that Cliffen's skull was ploughed up many years later and is now in the Norwich Castle Museum - although on looking into this there is no mention of the skull being at the castle just - Only the headpiece of the gibbet cage of James Cliffen survives and is on show in Norwich Castle Museum. It is a substantial iron artefact of two bars crossed and bent to form a cage with four vertical bars. One of these is cut short, presumably to allow the face to show properly; the others are attached to a hinged collar. The swivel eye on top is nearly worn through. Henry Seaman made a recovery.

<u>Clifften even gets a mention in the infamous Parson Woodforde's Diaries</u>
1785: Apr 4 - The Diary of a Country Parson - After breakfast, being fine weather I took a ride and Will with me thro' Hockering, North Tuddenham to Badley Moor where Cliffen stands in chains. *Parson James Woodforde Weston Longville.*

<u>Years later the story get another mention</u>
1903: Jan 1 - Norwich Mercury:
On March 21st, 1785, James Cliffen was found guilty of the murder of Peter Seaman in a field near Yaxham Church. He was conveyed to Norwich. and executed on the Castle Hill on March 23rd. Two days later he was taken to East Dereham, and on the 26th was hung in chains on a gibbet, 33 feet in height, on Badley Moor. Hundreds of the country people came to see the ghastly spectacle, and the result was that for many weeks the vicinity resembled a fair. On Sundays particularly, booths were erected for the sale of drink, and there were some very hilarious scenes. The body, which was encased in ribs of iron, was fixed by a swivel to a bolt, which revolved in the wind, to which Cliffen's back was always turned. The remains hung for 25 years, and were only removed at the Enclosure. Schoolboys used THE CORPSE AS A TARGET, and boasted that they had "chipped a piece off Cliffen." Many years afterwards the bones were discovered by some labourers, and the remaining portion of the gibbet was given to the Norwich Museum, and may still be seen in the dungeons.

<u>Just got room to fit this one in….</u>
1806: - July 26 - Bury and Norwich Post:
At the County Sessions, on Wednesday last, Edward Symonds, for stealing a sack, was sentenced to be imprisoned six months in the Castle, he was afterwards convicted of stealing four bushels of wheat, the property of Mr Wright, of Mattishall, and sentenced to be transported for seven years.

Open Spaces at Kingfishers: An Update



What a year to try and plant woodland, wildflower meadows and start up allotments! Three heatwaves in one summer have given us quite a challenge.

In the native woodland area, there has been good news and bad. The bad news is that we have lost 25% of our baby trees (whips) although the larger trees have fared better. The good news of that is that we were warned by our expert advisor that such plantings can lose up to 50 – 60% if there is a drought in the first year. Given we had three such droughts, the efforts of all the volunteers who came and watered has certainly paid off. We had planted more whips than we eventually needed, so this isn't a huge problem and we may well plant a few more to cover any further losses.



You may have noticed that it got a bit untidy under the trees – that was because there were wild flowers amongst the grass that we saved for the seeds. In late August local volunteers cut the dying flowers and grass back (thanks Andy, Wallace and Mark) on the woodland area, the new fruit trees and also the fenced fruit trees beyond the allotments.

On a (rare) wet day in August 9 volunteers from Mid-Norfolk Conservation Volunteers spent a long morning raking up and putting into piles all the cuttings which will be dealt with soon.

Chris Bingham, our wildflower farmer waited to seed the meadow area until after the drought – little did anyone know there were two more to come, but the plants are growing and will eventually make a lovely display. In the meantime, the thistles are going mad and Chris and Lloyd Frosdick are tackling those so they don't overwhelm the flowers.

The Parish Council have contracted their regular grass cutting service to keep the open green area between the meadow and the woodland cut regularly so that has remained a great open space for us all to use.

Down on the allotments many of you have complimented the allotmenteers on how well they have turned a bare field into a great show of fruit, veg and flowers. Given all the challenges of weather, rocks and weeds this is an amazing result. Sadly, a couple of folk have had to give up their plots due to personal circumstances, so there are vacancies, if you are feeling inspired – getting a plot now would leave plenty of time to prepare it for overwintering and a new growing season in the Spring. Do get in touch (roisintmurray@outlook.com) if you might be interested.



The community plot has thrived with several allotmenteers and others donating seeds, plants and flowers. We have a lovely bench already and there are plans afoot to build raised beds for use by those who cannot bend to the ground or for small people to have a go at growing plants. Look out for announcements on Facebook and noticeboards for a date for an open day and harvest sharing which we hope to hold before the dry weather runs out.



The next "big dig" will be later in the year once the trees have lost their leaves and the sap has receded – once that has happened, we will be having a day of moving the fruit trees to their final homes. Again, look out for announcements when the trees are all bare and the nights are long!

Roisin Murray

CRIMEWATCH MATTISHALL



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

Would you like to know more about what's going on where you live? Do you want to hear the latest updates from a trusted source? Your local community police officers have recently started using a system called 'My Neighbourhood Updates' and you can sign up to hear directly from us.

It's completely free, you won't get sent unnecessary spam and your data will be safe.

You can sign up for email alerts, view historical data, and even share or print reports to discuss with neighbours or local groups. This level of access will help you to make informed decisions about your safety and fosters a sense of shared responsibility in keeping the community secure. By bridging the gap between the police and the public, My Neighbourhood Updates supports a more engaged, informed, and resilient community.

Sign up today at www.myneighbourhoodupdates.co.uk

Mattishall Walking Group



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

Brainteasers Issue 104

Brainteaser 5 of 5

How many times can you subtract 6 from 36?

Answer inside back cover

Mattishall and Tudd Valley

Memorial Service

All Saints Church
Mattishall

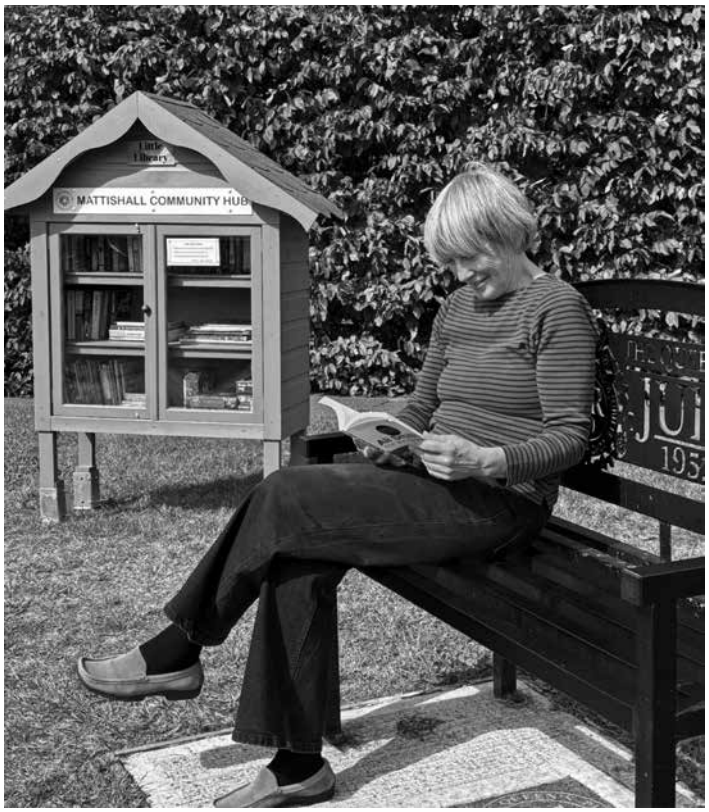
Sunday 23rd November
4pm

A quiet, reflective service
with an opportunity
to light a candle in memory of loved ones



Mattishall and Tudd Valley serves the villages of East & North Tuddenham, Hockering, Mattishall, Welborne and Yaxham

THE LITTLE LIBRARY



MATTISHALL COMMUNITY HUB'S Little Library is now open! If you haven't already seen this wonderful new addition to the village, it is sited on the corner of Dereham Rd. and Parker's Rd. near the Jubilee bench.

Built and installed for us by the very helpful chaps of Dereham Men's Shed, we have purchased the Library with some of our National Lottery Community Awards funding and we hope that it will become a well-loved and much-used asset to the village.

We have selected a range of books to get the Library started, including fiction and non-fiction books for adults, young adults/teens and children. There are also boxed puzzles for all ages. The idea is that you take a book or puzzle out and replace it with one of your own - or even the same one once you've finished with it! You're welcome to take several items if you wish but, please, do not put into the Library more items than you take out as space is limited. The Library is for books and (complete) puzzles only and we politely request that you DO NOT leave any books, puzzles or other items outside the unit. If it won't fit in then, please, take it home!

Sadly, we are very aware - and some residents have expressed their concern - that there is the potential for a very small minority to not value this new fixture as they should. Our response to those concerns is that, if there is any serious mis-use of, or damage to, the Library it will simply be removed.

We hope that as many residents as possible will use the new Little Library and benefit from having it in the village. It is a community project so it belongs to us all and is there for everyone to enjoy.

Happy Reading!

Mattishall Community Hub mch23@btinternet.com
Dereham Men's Shed derehammensshed@gmail.com

Dereham Walkers are Welcome

07561 813243

www.DerehamWaW.org.uk/

The summer season ending (but hopefully not the summer, apart from some much needed rain), we're settling back into two walks each month.

First is the First Friday short walk on 3 October; as ever, this will be for no more than 4 miles, starting at the usual time of 10:15, this time from the play area at The Neatherd. If coming by car, please allow time to park further down the track or elsewhere if there are no spaces at the adjacent parking area. As a short walk, there is not a programmed refreshment stop, but there is 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. We hope that those joining us might end with refreshments (tea/coffee or lunch) at a café in town. 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. There's no need to book, just turn up. For more details, contact Ken Hawkins, ken-hawkins@tiscali.co.uk or 07561 813243.

Next will be the Easy Second Tuesday walk on 14 October, starting as usual at 10:00 outside Dads and Lads (Cherry Tree car park). 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 some refreshments (bring your purse). If you think this might be for you and want more details or have any questions, please contact Sue at sue.rothwell@outlook.com. Please note that if you need personal support in order to take part, you will need to arrange this yourself; we regret that we are unable to provide it.

All walks will go ahead unless the weather is really bad (we've cancelled just one walk in the last 8 years) but do check if you're in any doubt or want more information. In all cases, you should come with decent footwear (especially when it's been wet) and suitable clothing.

To see our full programme, go to http://www.derehamwaw.org.uk/docs/2025ProgrammeFlyer.pdf. A more normal service will be resumed in October!

For more details, contact **Ken Hawkins, ken-hawkins@tiscali.co.uk** or **07561 813243.**

Club News & Events

As summer winds down, it's been a season full of fun, community spirit, and memorable moments at the club. From lively music and sporting events to exciting plans for the months ahead, there's plenty to celebrate and look forward to. Here's a roundup of what's been happening and what's coming up — we hope to see you at one of our upcoming events!

We kicked off the summer with a fantastic evening on 24th August, welcoming the brilliant band ***Final Drive*** and enjoying a lively BBQ. It was a great success and thoroughly enjoyed by all who attended.

The cricket club held a race night in August at the social club, which was well supported. There are hopes to do another one on 22nd July next year — watch this space!

The ***Hudson Tournament,*** held in memory of Keith (Rocky) Hudson, took place on 17th August. Teams from Mattishall, Bisley, North Elmham, Dereham, and Bradenham competed, with Mattishall winning the cup. A great day of cricket and camaraderie!

Looking ahead to September, we're excited to be hosting another dog show. Unfortunately, it's too late to advertise it in this issue, but we'll be sure to let you know how it went in the next one.

On 1st October, membership renewals are due. Please make sure yours is up to date so you can continue enjoying all the club's events and activities.

On 21st October, we're holding another popular medium evening with ***Sue Hind.*** Everyone is welcome, and full details will be available soon.

Also in October, we'll be celebrating with a ***Halloween*** party - costumes and spooky fun guaranteed!

We're also planning another members-only ***Cheese and Wine Evening,*** which will take place in October or November. Keep an eye out for the confirmed date!

Our much-loved ***Firework Display*** is back this year and will take place on 7th November. Tickets will be on sale soon, so don't miss out!

Looking further ahead, we're excited to announce another ***Children's Christmas Party*** on 7th December. More details will follow closer to the time.

In addition to these special events, we have several regular activities that continue to bring our community together. ***Quiz Night*** is held on the third Friday of each month, and ***Playing Card Bingo*** takes place on the fourth Friday — it's a lot of fun and growing in popularity.

Our ***Book Club*** meets on the first Monday of each month. If you're curious, come along and see if it's something you'd enjoy.

There have been big changes to our football teams over the summer. We have both the 1st team in the premiership and reserves in 3 North Anglian Combination leagues this season. The next game coming up is on 27th September and it would be good to see some of you up there. A game of football and a nice pint, what more could you ask for. Keep an eye out for future fixtures.

We're also looking to start up a youth darts team and a ladies darts team. If you or someone you know is interested, please get in touch - we'd love to hear from you.

And don't forget, if you're not in the mood to cook on a Monday evening, our ***Taste o' Naples*** pizza van and ***Beezley Bakes*** are here to help with delicious food options right outside the club.

Thanks to everyone who continues to support and take part in our events - it's your enthusiasm that keeps our club thriving. We look forward to seeing you soon!

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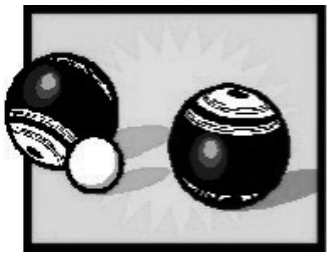
Telephone: 07723 094836

Email: chrisbaile@hotmail.com

Please visit my website

chrisbaile.com

Mattishall Lawn Bowls Club



During 2025 we welcomed six new members. Some came with previous experience and some of those who joined were completely new to bowls.

Our matches in the leagues finished on the 1st September. The club played 57 games, home and away. Our highest position was 4th in one of the four leagues we play in. During the season, the members got together to play in a mix of internal competitions and more sociable games. The club runs a pairs and singles knockout competition, that all members can enter. All names are drawn at random.

The singles winner was John Galer, who beat Keith Lake. The pairs competition was won by Rob Lord & Glynne Robotham who beat Andy Mowbray and Brian Dack.

The club played a home and away friendly match with Hethersett SC Bowls. This was an opportunity to meet and play a club outside of our usual area and some of the team were not league players. Members enjoyed the club games and the league matches. Travelling to other clubs provides the opportunity to experience playing on other greens and very different surroundings.

The last day of the club's season was the 14th September. Because of the very dry summer, a lot of hard work was needed to keep our Green in the best possible condition. The club thanks all the members who regularly put in the efforts

Please contact Gerry on 07908 205023/ 01362 289038 to talk about the club

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07960177998
Mattishall, Dereham
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For more information, or to book an appointment contact:
Caroline DeWilde BSc (Hons) Ost
01362 - 858530

Mattishall Parish Council News

LATEST NEWS FROM THE PARISH COUNCIL

Upcoming events!

LITTER PICKING

Save the dates for our upcoming litter picking events!

25 October 2025

23 November 2025

Church Rooms, Dereham Road

REMEMBRANCE

Sunday 9th November

MATTISHALL'S CHRISTMAS LIGHT CELEBRATION

Sunday 7th December

YMCA YOUTH CLUB

Friday Evenings!

Junior sessions

5pm - 6:30pm

Senior Sessions

6:30 - 8pm

Held at Mattishall Memorial Hall, 47 South Green, NR20 3JY.

FREE!

fully funded by Mattishall Parish

We are pleased to introduce our new Councillor Lloyd Frosdick



Cllr Lloyd Frosdick joined the Parish Council in August 2025 and is a member of the Wild & Wood Committee. Having had a varied career from gamekeeping, forestry, serving in the Royal Marines and Close Protection. He now works for the Norfolk Fire and Rescue Service, based at Dereham Fire Station. When not working, he enjoys spending quality time with family and friends, climbing challenging mountain trails and having a pint in the local pub.

He has lived in Mattishall for the last 13 years, and wants to help play his part in ensuring the village remains a lovely place for all to enjoy and be proud of.

Planning matters

The Parish Council is particularly active when it comes to planning proposals in our village.

Since September 2024, 31 planning applications in Mattishall have been submitted to Breckland Council. The Parish Council's Planning Monitoring Group carefully considers each application against the relevant policies in our own Neighbourhood Plan and Breckland's Local Plan. An agreed response is then submitted by the Parish Council for Breckland to take into account when making their decisions. Usually the Parish Council makes an "observation"- bringing relevant matters to the attention of Breckland Planners and highlighting any concerns we may have.

THE PARISH COUNCIL

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

Anita Rose
(Parish Clerk)

Upcoming Parish Council Meetings

6 October 2025

3 November 2025

1 December 2025

Further details of meetings and minutes are on the website.

Meetings are held at Poultec, South Green at 7pm.

Occasionally, the Parish Council makes a formal "objection" if it feels that a particular proposal conflicts with approved policies. All of the Parish Council's planning comments are openly discussed at our monthly public meetings to which all our residents are most welcome to attend.

Breckland Council's review of their **Local Plan** is shortly to reach an important stage. In October, Breckland will publish its first draft plan for formal consultation, known as "Regulation 18". This document is likely to include some sites for possible new housing development in Mattishall. The Parish Council will consider these proposals at its meetings in November and December and submit its formal comments. If you are interested in Breckland's Local Plan review and how it might affect Mattishall, please take a look at their web site: Breckland.gov.uk and click on the planning policy pages.

Looking Ahead to a Greener Christmas

As we begin to enjoy the colours and crisp air of autumn, Christmas may still feel a long way off—but the Parish Council is already planning ahead.

In previous years, we have proudly displayed a traditional fir tree on the village green, selected from a local grower and positioned by councillors in time for the festive lighting event following Santa Claus's visit to All Saints Church on **Sunday 7th December**.

This year, however, we are embracing a more environmentally conscious approach. Rather than cutting down a healthy tree, we plan to decorate the beautiful existing trees opposite the pharmacy with festive lights. This change allows us to celebrate the season while being kinder to nature.

We understand that some may miss the sight of a 'proper Christmas tree' in the village centre. Nonetheless, with such lovely trees already in place, it feels right to preserve what we have and still create a joyful spectacle for all to enjoy.

Let's make this Christmas bright and sustainable.

The Bright Party

31st October

5.00pm – 6.30pm

All Saints Church

Mattishall

Crafts
Games

Sweets & Treats
Refreshments

For anyone of any age (children must be accompanied by an adult)



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(one in the Gym the other outside Café Verde)

Memorial Hall (playing field side of the hall)

Village Green (opposite the surgery)

Mattishall Primary School
(only available during school hours)

Mattishall Golf Club (outside the clubhouse)

Welborne Village Hall (beside the back door)

Bob Carter Court (outside front entrance)

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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 Advice Line	0800 6781602

Norfolk County Council

Mobile Library Timetable–Mattishall

Wednesdays–normally every 28 days

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

NEXT DATES:
Ist October 29th October 26th November

Please note this information is subject to change or amendment both on a permanent and temporary basis. For all enquiries about this route please call 01603 222303

Answers to Brainteasers

1. Turn the book upside down.
2. 10 pence and 20 pence. Remember, only one of the coins is not a 10 pence piece.
3. They average exactly one pen each, so they have 360 pens between them.
4. 11 seconds. Between the 1st and the 12th ring, there are 11 second intervals.
5. Just once. After that, they have 30 not 36.

AUTUMN Quiz

Answers from the last issue

Answers from the last issue: (1) 12 (2) The Police (3) 10 (4) Income Tax (5) 1799 (6) The Napoleonic Wars (7) Ajaccio, Corsica (8) Furthest point from any other land (9) The Foxes (10) Prime Minister

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

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

1. How many people have walked on the moon?
2. Which band went walking on the moon in 1979?
3. Which number is opposite 14 on a dartboard?
4. If I go back 3 spaces from Chance on the row between Jail and Go, where in Monopoly do I land?
5. When did income tax start?
6. What did it pay for?
7. Where was Napoleon born?
8. Point Nemo is a special place, why?
9. Leicester City have the nickname of?
10. Robert Walpole has held which role longer than any other person?

Miscellanea Production Schedule

to be ready for w/c	Adverts and payment submitted by	Reports & articles submitted by:	Printed and ready for delivery
September 2025	Fri, 5th Sept	Wed, 10th Sept	Fri, 26th Sept
December 2025	Fri, 7th Nov	Wed, 12th Nov	Fri, 28th Nov
March 2026	Fri, 6th Mar	Wed, 11th Mar	Fri, 27th March
June 2026	Fri, 29th May	Wed, 3rd June	Fri, 19th June
September 2026	Fri, 4th Sept	Wed, 9th Sept	Fri, 25th Sept

Our advertising rates per issue are:

size	black and white	colour
1/8 page	£20.90	£31.35
1/4 page	£36.70	£55.00
1/2 page	£68.00	£101.80
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