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The Quarterly Mattishall People's Magazine Summer 2026 Issue 107

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Miscellanea

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From the Editor



Anne Jackson

I know I write a lot about our community spirit, but recently one of our readers asked me to highlight consideration within the community. She mentioned the obstacles facing pedestrians, especially wheelchair and pushchair users particularly on the pavements and footpaths. These range from overhanging branches (especially in wet weather), hedges that are encroaching onto the paths, shingle and stones overspilling from drives and of course, vehicles parked on the paths themselves. I am sure most of us are conscious of these problems but if we could all be aware it would make Mattishall an even better place to live for all.

Talking about community, we have two whole village events to look forward to soon: MattFest, as seen on the cover, and the Welborne Beer Festival (p23). Both events are being held to raise funds for refurbishing the Sports & Social Club and Welborne Village Hall. A lot of hard work goes into organising such events so please try and support them.

Have you got some spare time and would like to contribute to the community? There are always appeals in Miscellanea for residents to help out with local groups/events. The Scouts are looking for volunteers to join their charity trustees (p15). The Community Car Scheme needs more drivers (p12) and Miscellanea needs more distributors (see below). You may not want to commit to long term volunteering but respond to the ads and find out what is wanted. ***Every little helps!*** (thanks Tesco).

Anne

Brainteasers Issue 107

Brainteaser 1 of 5

A pen and ink pot together cost £22.
The pen is worth £20 more than the ink pot.
How much does the pen on its own cost?

Answer inside back cover

Miscellanea depends entirely on advertisers paying for their adverts which pays for the printing of each issue.

But we also rely on **volunteers** to deliver Miscellanea to all residents.

If you can spare some time to help with deliveries, only 4 times a year, **please contact Lizzie on 01362 850491**

RAISING MONEY FOR MCMILLAN MIGHTY HIKERS







What an amazing afternoon we had at the Cake Sale and Raffle held in **Roots By Kim** on the 21st April. We raised a staggering £503.00!!

All proceeds being donated to MacMillan in conjunction with the MacMillan Mighty Hike and the local ladies that are walking 26 miles for this fabulous charity on the 13th June.

Lots of thank yous are needed. Firstly, to Kim Scott who donated her hairdressing salon for the afternoon and her tireless work rallying for cakes, getting essentials for the day, gathering amazing raffle prizes and celebrating her 60th birthday on the day with everyone.

Thank you to all the donators of the fantastic bakes, we had virtually sold out of everything by the end of the day, they all looked so fabulous.

Thank you to everyone that came along and bought cakes and raffle tickets and made the afternoon so special. The link to our fundraising page is

https://mightyhikesfundraising.macmillan.org.uk/teams/lets-get-ready-to-crumble

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MATTISHALL COMMUNITY HUB

Promoting social contact & community projects



At Mattishall Community Hub (MCH) we've had some very busy and entertaining sessions since the last edition of Miscellanea. In March, Sue Pendlebury, Chair of the Mattishall and Lenwade Surgeries Patient Participation Group (PPG) and Trudy Gust (Vice-Chair) came to say a few words about the PPG and its role. As all/most of our members are registered with Mattishall surgery, we thought that hearing more about the PPG would be of interest. The talk was well-received with questions from the floor and then some one-to-one conversations.



The April session was considerably more energetic than usual as Olly, from the Mattishall NR Foundation Health and Wellbeing Hub, kindly gave a short talk and then, after rearranging the hall so we all had room to swing a cat, a taster session on chair exercises. The chair-fit session was very popular with lots of smiles and laughter. I for one was very surprised at how demanding it was!

In June, Elle Claiborn from Norfolk Rivers Trust talked about the work the Trust is doing, with the help of local people, on monitoring water quality of the river Wensum and its tributaries with a focus on the river Tud. It was very topical given all the coverage there's been on TV and in the press recently about the sorry state of Britain's rivers.



COMING UP.....

We have a coach load of local residents going on the coach & steam train trip to Sheringham on Tuesday 23 June. Fingers crossed for sunshine.

On **Sunday 28 June**, we will be providing **afternoon tea at Matt Fest** which is being organised by Mattishall Sports & Social Club up at South Green. You will find us in the Memorial Hall. Come along for hot/cold drinks, sandwiches, cakes & savoury snacks.

And then on **Sunday 6 September** between 10 am and 1pm we will be holding a **Yard Sale** along similar lines to that organised by a Mattishall resident a couple of years ago. This is your chance to have a good clear-out! We're charging £5 a pitch. To book, email us at: **matcomhub@gmail.com**. A map of pitches will be available on the day and online. See p23.

Mattishall Community Hub meets on the first Tuesday of every month from 2-4pm at Mattishall Memorial Hall, South Green (next door to the Sports & Social Club). Free entry and refreshments. All ages are welcome. MCH is supported by Breckland Council and the National Lottery Community Fund.

Nicky & the MCH Team
Email: matcomhub@gmail.com
Text/voicemail: 07395 829 301

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Club News & Events

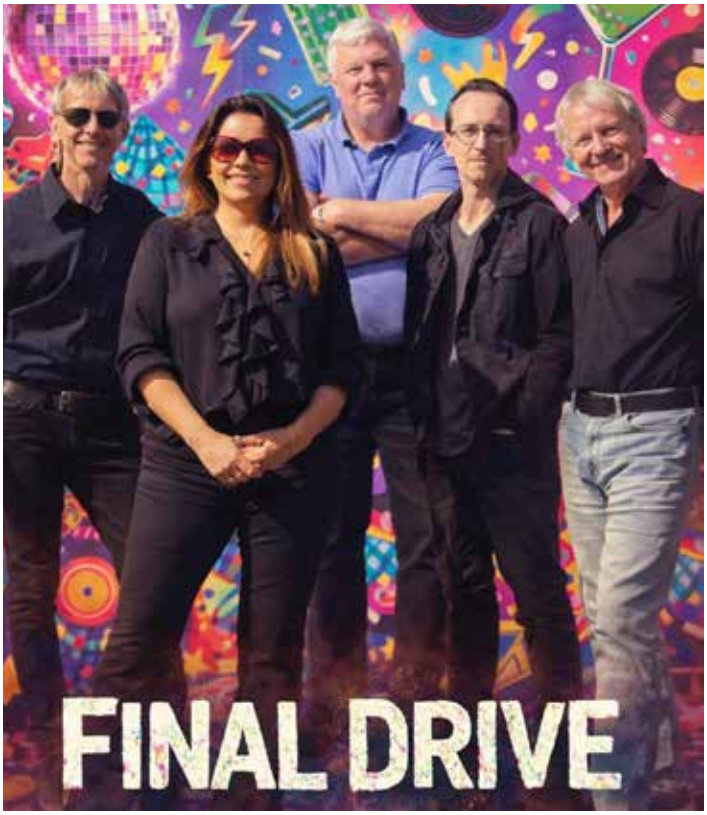
Life at the Social Club is very busy these days!

This weekend we held Easton FC's presentation and quiz night, which ended the season nicely. We look forward to having the lads back in September.



Easter was a lot of fun with our fantastic ABBA Tribute band The Dynamic Duo, lots of singing and dancing. Look out for the duo coming back in September for songs from Grease and Dirty Dancing. Easter Sunday saw lots of children around the club and on the field taking part in various crafts and a treasure hunt. The adults were happy too with lots of winners of our Easter raffle.

We brought back coach trips in the beginning of May with a trip to Newmarket to see the races. It was lovely to see our members all dressed up and a good day was had by all. Then we all went back to the club in the evening to see the talented band Tree Fellas and Lady Byrds. Another trip to the races has been requested so we're looking at booking another one in September.





Final Drive entertained us one Saturday evening in April, what a great band they are, we are hoping to have them back soon.

The cricket season is well underway and we're all happy to see e return of the cricket team BBQs on a Friday evening when they have Youth Cricket (how do they make their burgers so delicious?!) Already, there has been a sunny day with people sitting outside watching cricket, a lovely glimpse of the months to come.

On Saturday 20th June we have the Travelling Teapot bringing a cricket themed afternoon tea to the club, all welcome, look out on social media or pop into the club to see the menu and to book. The cricket team had a darts and pool tournament fundraiser on Saturday 6th June, good time had by all.

Tuesday evenings from 6.30pm are busier than ever with a large group of poker players taking part in the Nuts League. We also have Ladies darts on a Tuesday; the ladies have decided not to play in a league but seem to enjoy getting together and having a go. Both groups welcome newcomers.

The 2026 Dereham Thursday Darts League has started back recently with all 3 Sports and Social Club teams in different divisions. We are happy to welcome our newest team the 'Swans'. Thursdays are usually a popular evening in the club especially with the recent addition of a second dart board.

Pool night is Monday with the new season starting in June. Our Mavericks won the Sub Cup, and they came joint top of the league despite not losing a league game but lost out on legs won throughout the season.

Brainteasers Issue 107

Brainteaser 2 of 5

If you fold a piece of paper in half, fold it in half again four more times, then cut off each of the four corners of the resulting rectangle, how many holes will there be when you unfold the paper again?

Answer inside back cover

Monthly Bingo is as busy as ever with cash prizes, open the box and not forgetting Auntie Jo's homemade cakes!

Our Book Club is on the second Monday of the month. We choose the books between us. This month we have the choice of The Women by Kristin Hannah or The Fish and Chip Shop Detectives (or both). A great chance to get together with other readers and discuss all sorts of books (and holidays, and films/series and anything else that takes our fancy!)

Villagers have been enjoying our food vans, we have A Taste of Naples pizzas alternate Mondays and often with a dessert van. We have also had Naked Fish, Piggin' Out and D Lish who are bringing their curry van on 4th July.

Our friendly community is growing by the day, we've more than doubled our memberships this year. You are all welcome to join and still only £10 for the year! (October to October)

Of course we are now preparing for Matt Fest! We have confirmed food vans, craft stalls, a children's tent with lots of activities and lots of other stalls reflecting our community. NR will be there running sports day races and Kimblewick will be there too to talk to you about all things equestrian. Vintage tractors and scooters will be in our car park too.

Our main stage will have a range of performances including children's dance troops, a ukulele group, majorettes, bands and finishes with the award-winning DJ Nick Chatten. We are very excited to have our first festival. All members and children are free and it's only £5 for non-members. The festival will be open from 10am and the music will finish at 10pm (so it's not too late for our neighbours)

We hope you all enjoy a full day of fun in our village.

Sim Saunders



Mattishall Lawn Bowls Club

By the time this issue is delivered the Club will have completed nineteen weeks of league games and seven get together home events. We are currently mid table in the league listings.

Five new players have joined which helps to keep the club viable. Some clubs, in the leagues we are playing, have had to rearrange matches due to player shortage.

Two friendly matches were played away at Lyng and Hethersett. We lost at Lyng and won at Hethersett. The home games are due to be played in July

If you want some more information, please contact me via the numbers at end. However, if you would like to come on down to watch the players and have a chat, these are the days the club will be running Open Days and you will find us next to the Memorial Hall on South Green

July Wednesday 8th 6pm until 7.30pm &

Saturday 25th 2pm until 4 pm

August Saturday 8th 2pm until 4 pm &

Wednesday 6pm until 7.30pm

September dates 5th/6th/13th

The game of bowls has been played for at least 400 years. In 1588 Sir Francis Dake was playing on the green in Plymouth. When he received the message that the Armada had been sighted, he finished his game and then went and finished the Spanish!

Gerry Goldner, Secretary
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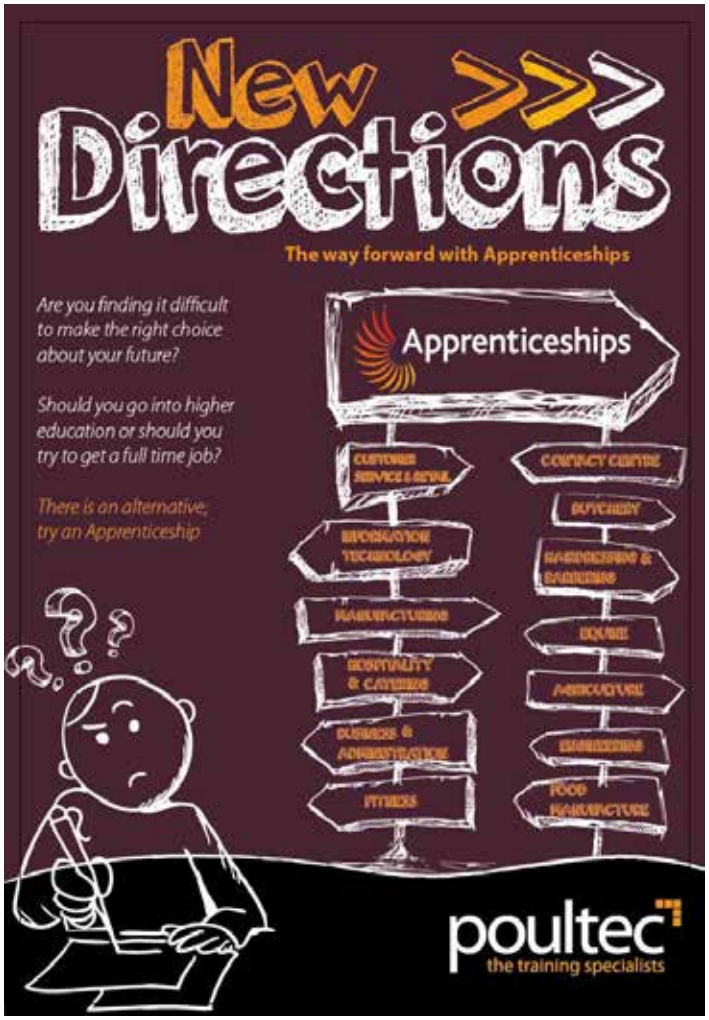
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OPEN SPACES AT KINGFISHERS: AN UPDATE

Spring is already moving into early Summer at the Open Spaces and the air is full of the song of the Skylark, the chatter of Yellowhammers in the hedgerows and the sight of swooping Swallows. The fruit trees having blossomed and now some have set fruit – let's hope survive the recent heatwaves.

The surrounding wildflower meadow is springing up too and we can see more flowers coming on. Such meadows don't just grow as we would like once the seeds have been sown and ours is no exception.



Recently it was in danger of being overrun by some pretty thuggish thistles and some insects love thistle flowers, these Big Boys would have smothered all the other varieties of flowers coming up. So, the Green Team turned out for two work parties and dug out most of the offending plants – no mean feat when the dry spring had baked the earth to the hardness of concrete. They certainly earned their tea and cake on those days.



Initially we heaped the green waste at the side of the walkway and this was all later moved, with kind permission of the farmer, to an adjacent trackway where it will soon rot down and return nutrients to the soil.

Over at the native woodland, the hot weather has taken its toll and we have lost 4 more of the whips (baby trees) and one Spindle tree, but we are watering and keeping an eye on them so that we can stay on top of things. Hopefully, by the time you read this the areas around the trees will have been sensitively cut by volunteers (who fit this in to busy lives) to protect the growing whips. You may have noticed green waste piled in a heap on a corner of the field and in the fenced Orchard area. This has been specifically left to provide habitat for insects and invertebrates which will, in turn, provide food for hedgehogs, birds and bats as well as rotting down to feed the land.



Talking of the fenced Orchard – the yellow rattle that was sown last Autumn is coming through – along with some wild flowers and lots of very tall grass. It will take a couple of summers for the Yellow Rattle to predate the grasses, but each season there will be less grass and more flowers to enjoy.

This year we will be putting in benches around the site. There will be two park style benches around the main Open Space – one kindly donated by local residents Mr and Mrs Bodiam. There will also be a picnic bench that has space for wheelchair or pram users so that families can all sit together, whilst over in the Orchard we will install a further picnic bench (re-purposed from the Burgh Allotment area, so at no extra cost) to provide a quiet space, away from the "main drag" for those who want a bit of peace and tranquillity. All of these benches are made of recycle plastic, so low maintenance and eco-friendly too.

The allotments are doing well too with many folks enjoying their plots, perhaps despite the hot weather. The community plots have looked a little bare, but one of these is awaiting the construction of a waist-high raised bed to accommodate those who cannot bend to garden. The other one is filling up as we have had 60 young strawberry plants donated and a variety of other crops have recently been planted too. Feel free to get in contact if you would like to try your hand at the allotments without committing to having a full plot of your own – all are welcome. If you are really keen to have your own plot – we do have one vacancy.

There have been some question as to exactly which parts of the Kingfisher areas are the responsibility of the Parish Council so we have put a clear map on the Notice Board, not only showing who is responsible for which bits, but with contact details shown for who you need to contact depending where issues arise – hopefully that will get you to the right person first time if there is a problem.

If you are interested in coming along on Green Team work session (they are fun and you get cake!) or you are interested in anything to do with the allotment please contact me on roisintmurray@outlook.com Hope to see you on the meadows some time – have a great summer.

Roisin Murray

Mike's Scribblings



Mike Hamill

A Day In My Life

Silent voices in my ear,
Neither far. Neither near.
Sunrise falling over green covered downs
People gathered with furrowed brows.

Songs I hear from voices raised.
Each word is sweetly, gently phrased.
Children smile with cherub glee,
Tone perfect; acoustically.

Across the hill, the tide is rising.
Seabirds call; harmonising.
Far out to sea, the ships sail by,
Rigging taut. Across the waves, they fly.

Daylight melts to an amber shade,
Deepening the shadows in the forest glade.
The moon rises in silver conformity
And fills the night with its enormity.

So, sleeps this land in quiet grace
And gradually, the stars efface.
Midnight passes and dawn approaches
Till finally, once more, the light encroaches.

Just Another Day

I walked a mile in purple slippers,
and ate a tea of coddled kippers.
I boiled a kettle till it was dry.
I made a laughing hyena cry!
I bathed in a bath of real bees' honey,

that was kinda sticky. But, really yummy.
I cried a tear that ran up my nose,
how that happened, no-one knows!
I took a bite of a prickly pear!
I lost at a game of solitaire!
I told a joke, but no one laughed.
But,I was asked, for my autograph.

The day was short, the night was shorter
I drank a glass of Irish porter.
I smiled at the stars as I stumbled home;
and across the fields I did roam.
There was a spinning in my head
As finally, I fall, into my bed!

Moonlight and Shadows

The shadows congregate as comes the night
flitting through the moons' soft light.
Ethereal shapes that follow me.
Behind each blossomed forest tree.

In spectral throngs, they do convoke,
with muted sighs they do invoke,
mystic words of the druid men.
And then? They disappear again.

And still at night to the moon they bay,
as darker shadows come now to play.
In dappled glades by moonshine found.
Their misty tendrils wash the ground.

Frightened folk round campfires hide,
to escape the apparitions that do subside.
Their life is brief, and they fade away,
as comes the day, once more to play.

Pete The Snail

I met a friend his name was Pete.
He had a foot. But not some feet.
He slid along on a gooey trail,
for Pete my pal was a little snail.

He travelled alone on a lonely track,
and carried his house upon his back.
He had no family and he's kinda frail.
That's Pete. My friend. The garden snail!

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.

TRUE TALES FROM LONG AGO. STORY 2: GEORGE MANN (b. 1879) AND EMILY WADE (b. 1880)

These were my maternal grandparents and they met when George lodged with Emily's parents whilst he was looking for work as a carpenter/cabinet maker. Emily was head parlour maid in 'a gentleman's house' on Shenfield Common, Brentwood, Essex. George and Emily married in Brentwood Parish church in 1904 and initially moved to London, where George worked with two of his brothers making pianos. Their first child Fred, was born in 1906 and triplets arrived five years later, though the boy was still-born, leaving George and Emily with twin girls, Harriet and Alice.. When the twins were 11 months old, the family moved back to Brentwood as there was a slump in the piano trade in London. George and Emily set up a photographic studio in Brentwood and learnt to process the photos themselves.

At the start of WW1, the twins joined Fred at St. Thomas of Canterbury church school. The school day began at 9, continued til 12; resumed at 2pm til 4pm. It was a long walk to and from school so the children would usually go to the studio at lunchtime where Emily would heat up some soup on the 'tortoise' stove or give them 3d for a bowl of soup at school, taking their own bread and bowls. Occasionally, the children would go to Granny Wade's in their lunch hour and do her shopping before going to the studio. Hat and Robert Wade lived opposite a lovely dairy, where Harriet and Alice shopped for them, taking one of Hat's sets of three jugs (2 pint, 1 pint, half pint) for milk, which was ladled out of a big vat and watching the dairyman cut a 1lb slab of butter off a huge block and use butter pats to shape it before wrapping it for them in greaseproof paper. Eggs could be bought there too.

However, living through World War 1 had its traumas. George was called up and Emily was left with the three children to bring up and the studio to run. Brentwood was home to Warley Barracks, so Emily was very busy, as the soldiers wanted their photos taken before they went on active service. This often meant she was cycling to and from the studio at all hours and never at home when the children came in from school. In the winter, because of the long walk, they were let out at 2.45 so they were home before dark, but they had to make up the work they had missed the next day. Harriet was frightened by the empty house. A fourteen year old neighbour was often asked to field the children when they came in from school, feed them and put them to bed under the Morrison shelter and Harriet would try to stay awake until Emily came home, sometimes as late as 10pm. They were told NEVER to open the door to anyone and to hide under the table 'if there were bangs'. A few months after war was declared, Emily was told that she would have two soldiers billeted with her as there wasn't enough accommodation at Warley Barracks. In a way this was a relief to know that sometimes there was someone there to keep an eye on the children until she got home. The soldiers would often read to the children and see them to bed. Harriet recalled 'how kind the soldiers were to us and they would help in the house - making beds and shopping on their days off duty. I remember how upset we were when they had to leave.' No thought then of safe-guarding, with children left alone with male strangers.



In 1915 George was in Lincolnshire and Emily was sent for as he had developed double pneumonia and was not expected to live. She stayed three days until he was off the danger list. The children were sent to stay with Granny Wade and told to behave! Luckily, George survived and was invalided out of the army. Harriet remembered the day he came home. The children raced to open the door to him and stopped short, because they thought he had shrunk..... but of course, it was they who had grown. The illness had made George quite deaf. As a child, I thought he had been deafened by the guns in the trenches, but no, it was pneumonia and he never saw action! In 1917, the twins were moved up to the girls only section of the same school where they stayed until they moved back to London in 1922.

Harriet remembered the celebrations at the end of World War 1 as they had a day off school, marched through Brentwood to Shenfield Common wearing white and joined in the sports and dancing round the Maypole.

Anna English

Illustration by Michael Blackman

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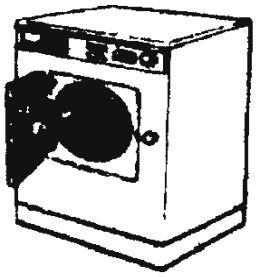
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It's a volunteer service so you can do as much or as little as you like, as drives are requested I would contact you to see if you are available to help with that drive. We help people who live in the village to get to their medical appointments.

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

The lady who used to be at the library



Tina Cooper

Where do you stand on the great outdoors? I mean further afield than the back garden but deep into nature, red in tooth and claw. I ask only because I have become one with the hikers and campers; the explorers and the bushcrafters; the pioneers and pushers to the limits of human endurance.

Well, I've watched them on Television - I'm not completely mad. I'm freshly emerged from watching the "Toughest Race in the World" hosted by Bear Grylls no less as he talks us through the gruelling process of competing in a race through the Fijian jungle and the waters of the Pacific. Sixty-six international teams start and finish with a boat race and all manner of perils in between. Fewer than half make it to the end.

But what is it that makes humans strive to compete in such arduous competitions? Featured in this programme was a set of Ironman specialists, one of whom, despite doing fifty Ironman competitions in fifty days and fifty States, struggled in the heat of the jungle. If he found it tough going, what does that say about the conditions?

"Because it's there." That was the best answer to the question "Why climb Mount Everest?" But we need more than that to venture out ourselves. In the contest man versus nature, I'd gladly opt out, but I do love to see others have a go. So, I've been on YouTube again. Call it fate or perhaps the algorithm, but I get a lot of hiking and camping videos appearing on my feed. I find them fascinating. I mean which of us hasn't built a tent out of blankets thrown over the clothes horse in our youth? Who hasn't made a den out of the single five feet mono speaker in the living room? It's a truth universally acknowledged surely?

I camped out in my back garden once, for a few hours before night actually fell and the creepy sounds forced my naughty little sister and me to claw at the back door to be let in. I camped for real under rancid canvas as a Girl Guide and later as a teenager with friends at Danbury Lakes. We had proper big tents with headroom and camp beds; we cooked chicken and noodles over a fire pit and played rounders all day. But we didn't sleep a wink and went home grubby and exhausted. It was OK for a couple of nights, but not what grown-ups do. Or so I thought.

My own husband enjoyed some family holidays under canvas and associated it with good times and good birdwatching. So, when we got married, we received two very special gifts from our respective parents: a king-sized bed and a tent. I thought we'd gone for the tent that housed the bed, but apparently it was the other way around. The tent was so small that I couldn't sit upright in it. I thought that I was a bit intrepid. I did go camping with Robin a few times including in the wilds of Northumberland and the Lake District, but my university flatmate told me years ago that I was a lightweight at life outside. She maintained that I'd be nonplussed by the absence of a hairdryer at the very least. I bridled at that, gentle reader, I bridled. Just because I prefer the tent with integral escalator does not make me fragile.

These gentlemen I watch on YouTube (and they are all men, bearded and balding men) espouse the greatness of the great outdoors and live it for real. They talk us through the capacity of their backpacks, the R values of their sleep systems and their favourite stoves. Is it the Jetboil, the Soto Windmaster or the Trangia spirit version?

Is there a better tent than the Hilleberg or does the Vango have a place? Some of these YouTubers have multiple options for different habitats or seasons. Good Bloke Outdoors takes us on a Christmas camp and cooks a full dinner with all the trimmings whilst Andy from Kent Survival cooks an entire lamb on a spit. They turn "roughing it" into an art form. Maybe for the shock value, some buy bargain items from Lidl, for example, to test their strengths in the wild. These invariably end in tears but make for interesting viewing.

We are heading north this year to see the growing grandson near Dundee and thence to Drumnadrochit. We will not be taking the tent – yes, we still have it - but will rest easy in a riverside cottage from which we will explore. I have my ankle supporting boots, my Nordic walking poles and my windcheater. I am ready to go out into the unknown just as soon as I can connect to WiFi with my backpack.

Call me the happy wanderer.

Tina Cooper

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Brainteasers Issue 107

Brainteaser 3 of 5

Emma and Jane are playing rummy in their lunchbreak.

They agree to a small wager, and the winner of each round is given a gobstopper by the loser. When the bell goes to return to class, Emma has won two games but Jane is three gobstoppers up.

How many rounds of rummy did they play?

Answer inside back cover

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



Recently **Beavers** enjoyed a programme which has enabled them to be awarded many badges. We have succeeded with our Craft, Space, Air Activity, Digital Maker and parts of the Money Skills badge. Our raised bed garden now includes tomatoes, runner beans, and still hiding in the soil, some peas. Congratulations to Saxon, Albert and William who completed their Chief Scout Bronze Award- the highest in Beaver Scouts. Two of these were presented during the District's St George's Day Parade event in Fakenham. We have some spaces in Beavers, so if you would like your child to experience the fun that we have, please contact "Badger" - Su on 07514032678.



The **Cubs** have had a fantastic and action-packed few months with lots of exciting activities completed and more still to come! We kicked things off at the end of March with a brilliant castle-themed sleepover which the Cubs fully embraced, enjoying games, activities, and a night fit for kings, queens, and knights! It was a great way to begin a busy term together. After a short break, the Cubs swapped shields for gardening gloves as they got hands-on planting seeds. Everyone enjoyed learning how to care for their plants, and we are looking forward to using what we grow later in the term. Outdoor skills continued with an evening all about the Countryside Code, helping Cubs learn how to stay safe, respectful, and responsible while exploring nature. Then came tent-pitching night. Although the weather had other plans and rain stopped us heading outside, the Cubs adapted brilliantly and completed the challenge indoors — proving that a little rain never stops a Cub Scout! One of the highlights of the term was an exciting group trip to Banham Zoo, where the Cubs enjoyed a full day exploring the animals and attractions. The trip was organised through Norfolk Scouts and gave everyone the chance to spend time together, learn about wildlife, and create some unforgettable memories. Before half term, the Cubs ended on another high with a basic first aid evening. From learning important safety skills to practising how to help others, the session was both fun and educational — and all part of working towards their badges. It has certainly been a term full of adventure, teamwork, muddy fun, and new skills. We are incredibly proud of everything the Cubs have achieved so far and cannot wait to see what the rest of the year brings!



In March **Scouts** enjoyed an evening of cooking, campfire and building bivouacs before all sleeping out in their shelters. In April they completed a litter pick around the southern side of the village, including footpaths and fields. Thank you to the Parish Council who loaned them the equipment. In May Beavers, Cubs and Scouts joined over a thousand other young scouters from across Norfolk for a day at Banham Zoo. They are looking forward to more outside activities during the summer term.

1st Mattishall & District Scout Group is looking for some additional volunteers to work together with our charity trustees to make sure scouts run safely and legally, which allows our other volunteers to deliver activities and give local young people skills for life. To join our existing trustees we are seeking:

A Chair - who has the responsibility to make sure correct measures and checks are in place so that as a Group 1st Mattishall can deliver scouting to young people.

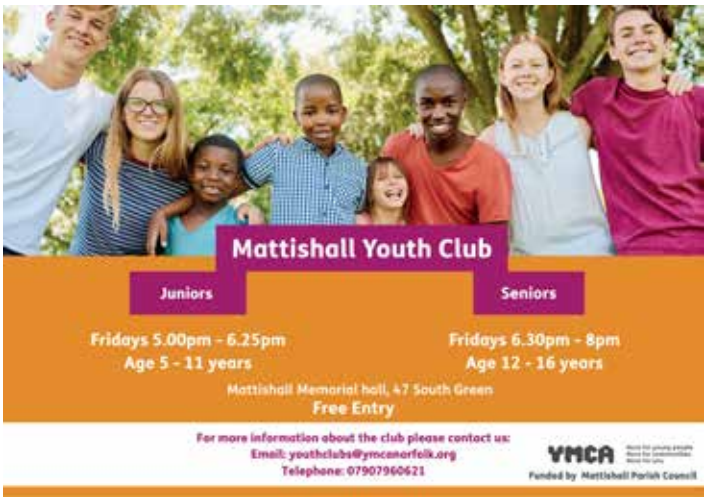
Trustees - to join the trustee board, who meet 5 times a year, supporting the Chair and Trustees.

We already have a fantastic and experienced team of volunteers providing weekly opportunities to our Beaver Colony, Cub Pack and Scout Troop in our modern scout hut; but 'behind the scenes' roles are equally important.

Support with online learning packages to familiarise yourself with the roles is available. These roles are open to community members, no scouting background is required. To volunteer or for more details please contact our Group Lead Volunteer Ann Futter or one of our Leaders.



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





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rockinghorse.daycare@yahoo.co.uk

NDNA

Ofsted Good rating

Mattishall Primary School

As part of our **World Book Day** celebrations the school received visits from two successful authors. Guy Bass (author of the Scrap, Stitch Head and the Hugh Dunnit series) talked to Years 3-6 about books, reading, writing, and everything in between. His performance explored his childhood inspirations and aspirations, and included animated readings from his books and poems, as well as sharing writing tips and anecdotes about his life and experience as a published author. Dave Bedford talked to Reception and Years 1 and 2 children about what it was like to be an author, and the children asked questions about his work.





Year 6 children and staff attended a fantastic event at The Breckland Crucial Crew safety education event. Organisations and services represented included: Norfolk Constabulary, Norfolk Fire and Rescue Service, HM Coastguard and The RNLI. The children learnt valuable life skills that will help prepare them as they become more independent with their transition to high school. Everyone had a brilliant time while learning how to keep themselves and their family and friends safe.



In **Science Week 2026**, each class focused on a question and explored and investigated the answers.



Reception - What happens when crayons get warm? The children noted that crayons are a solid at room temperature but when heated they made a paint like texture that could be spread. Reception children also addressed the question **Where Do Dinosaurs Live**? They discussed different dinosaurs and their adaptions to different environments (e.g. scales, feathers, and spikes) and then explored the different features of dinosaur environments. The children were encouraged to create their own habitats and dinosaurs out of play dough and natural objects.



Year 1 & 2 - How do birds build their nests? As a class the children learnt more information about birds building nests before they designed and built their own bird's nest. They had to think about the materials they used to ensure their nests were strong and weather-proof.



Year 3 - How do boats float? The children used paper and tape to create their own boats. The aim was to try and build a boat to carry the most marbles before it sank.



Year 5 - Does the way food looks change the way it tastes? The children discussed the fact that a lot of food is wasted because it looks slightly wonky or isn't the right size for supermarkets to stock. They compared the appearance of apples, pears and carrots and worked in pairs to conduct a blindfolded tasting and comparison test. Many were surprised to find that they preferred the taste of the irregular-shaped food. They might well become champions of wonky food on their next family shopping trip.

SAILING TO GREENWICH

Not long after I had moved to London upon returning permanently to England from one of His (at the time Her) Majesty's former colonies, intent upon furthering my programme to investigate all the museums, art galleries and historic places of note in that incomparable city, I determined on a visit to the Maritime Museum in Greenwich, some ten miles downriver from the city's centre. What better way to travel to this famous museum of Britain's storied and glorious naval past thought I, then to go by boat, and moreover upon the renowned River Thames itself.

Thus, early one Sunday morning, I took my regular train into the great city from my north-eastern suburb, and after a quick change to an underground line, eventually emerged near the Houses of Parliament adjacent to the Thames. Here I embarked on a river cruise boat, ascended the companion-way to the open upper deck and settled down on one of an infinity of vacant seats to await cast-off. The weather was that of a typically chilly English winter's day; foggy, damp and decidedly gloomy.

After ten minutes or so, the Captain strode by, bid me a hearty sailor's good morning and entered the wheelhouse, a few paces for'ard of where I was sitting. After making what I imagined to be minor nautical adjustments to the vessel's river-faring trim prior to its first voyage of the day, he opened the wheelhouse door and asked me what my sailing intentions were – whether I was on a single or a return fare to Greenwich.

After I briefly informed him of my intended visit to the Greenwich museum, he said that, since I was his sole passenger (the normal passenger complement generally being some 200) for this trip, I might as well join him in the wheelhouse for the voyage down-river.

What a privilege! So, I sailed down the River Thames perched grandly on a stool in a corner of the cruise boat's wheel-house, all cosily warm and comfortable, with a wonderful grand panoramic of the great waterway, its docks and wharves, its warehouses now mostly renovated into hideously expensive yuppie flats, river-side pubs, historic buildings and churches, passing beneath its many bridges, including of course the grandiloquently florid Tower Bridge, and, naturally to boot, being regaled with salty tales of the river by the Cap'an at my elbow. He even despatched the mate to the galley for a steaming tea cuppa to enhance my pleasure.

Passing beneath the famous London Bridge, I pointed out to him the grand riverside building where I worked overlooking the river on the north bank, so he said that on the tomorrow Monday morning when he sailed by at about 11.30 he would salute me with his ship's horn. Thus, next day, at the appointed time, I was duly stationed at my window overlooking the Thames on the seventh floor, eagerly awaiting his arrival together with a few dubious but nevertheless curious colleagues – and, sure enough, as his vessel hove into view from beneath the famous London Bridge it gave a long, mournful pull on it's ship's horn. He had made my day once again!

Malcolm G Hill

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MATTISHALL & LENWADE SURGERIES NEWS



Hospital Waiting Times

Hospital waiting times are longer than ever, and we know this is frustrating and worrying.

Please remember:

- Hospitals are responsible for arranging and updating you about hospital appointments, tests and follow-up.
- GP Practices do not control hospital waiting lists and usually cannot speed up routine hospital care.
- We will always review you if your condition changes or worsens.
- You can check up-to-date waiting time information for many specialties at: www.myplannedcare.nhs.uk Select East of England, then choose your hospital.
- If you have questions about a specific appointment or test, please contact the hospital department directly using the details on your clinic letter.

This helps us focus our limited time on direct patient care.

Thank you for your understanding and support.

Important Information for Patients

We can no longer accept patient generated sharps bins at Mattishall & Lenwade Surgeries.

Following a change in our clinical waste contract by Norfolk and Suffolk Integrated Care Board

(ICB), we are not contracted or indemnified to accept patient-generated sharps bins.

Please Do Not bring sharps bins to the surgery, take your sharps bin to a pharmacy accepting clinical waste.

Nearest disposal point: Boots Pharmacy, Dereham

It is the responsibility of the district/borough council to collect all clinical waste generated at patients' homes, including sharps.

Thank you for your understanding

NHS App & Anima – Drop-in Support Sessions

Following the success of our previous drop-in session on the NHS App and Anima, we are pleased to offer two further opportunities for patients to receive support and guidance.

The sessions will take place on:
Wednesday 24 June 2026, 11:00–12:00
Wednesday 29 July 2026, 11:00–12:00

These informal drop-in sessions provide a chance to learn more about using the NHS App and Anima, with staff available to offer practical assistance and answer any questions.

Staying in Touch with the Surgery

We would like to reassure all patients that you can still contact the surgery by telephone if you need to book a nurse appointment or require any assistance. While many of our services are now available online through Anima, we understand that not everyone has access to the internet or feels confident using digital tools. Our team is always happy to help—whether that's booking an appointment on your behalf or guiding you through the process step by step. If you're unsure, please don't hesitate to call or pop in and speak to a member of staff.

Getting the Most from Our Phone System

When calling the surgery, you may notice a range of options designed to direct your query to the most appropriate team as quickly as possible. We kindly ask patients to listen carefully to the full menu before making a selection. For example, enquiries about prescriptions or medication should be directed to the dispensary option, while appointment queries should be routed to reception. Choosing the correct option helps reduce waiting times and ensures your query is handled by the right person first time.

Mattishall & Lenwade Patient Participation Group

Two members of our group attended a meeting at the Mattishall Community Hub on Tuesday 7th April to explain the role of the PPG which is primarily to be a critical friend to our surgery. The talk was well received and several questions were asked and answered. Members of the meeting were interested to hear about what we do and some of the points they raised have been fed back to the surgery.

On Monday 27th April we attended the Mattishall Parish Council Annual Meeting. Although a formal presentation wasn't made, we announced our presence and suggested that people might like to ask questions or offer comments, which some of them did. We felt our presence and the role we have taken on as members of the PPG was appreciated. If you are running a group in Mattishall or Lenwade and would like us to visit please let us know via our Facebook page.

One recent post that sparked a lot of comments was about the fish tank in the waiting room at Mattishall surgery. The question was: do people like the fish or are they not fussed? The response was loud and clear. Patients, especially children, are very fond of the fish! A number of people did mention one small concern though. Sometimes excited little visitors tap on the glass, which can upset our underwater residents. If you spot this happening a gentle reminder to 'look don't tap' is always appreciated.

To contact us please use our Facebook page: Mattishall and Lenwade Surgeries PPG

Sue Pendlebury - Chair

MY FAVOURITE COVER





I'm a philatelist – I collect used mail, known as "covers". Here is my favourite cover. Part of this postcard's route to its destination was by pneumatic post (Rohrpost), a system used by many major European cities like Vienna and Berlin. These covers are scruffy, because they were folded to fit in the tubes and were well handled before they got to their destinations.

This postcard is very ordinary and has a little story. It has a funny little cartoon picture on the front and is a "sorry I forgot your birthday" postcard, which the sender has amended to "Name Day". It is from Karl to his mother, Ida, and he says: "Darling Mother, forgive me for sending late congratulations, however you are always in my heart".

Karl wrote the card on 3 September 1930, but it did not get cancelled at Lienz post office until 7.00 am the next day. From Leinz the card went by rail to Südbahnhof (south train station) Vienna, arriving at 9.00 am, 5 September 1930, two days after it was written. The card then took an hour to travel between Südbahnhof Pneumatic Office No.76 and arrive at Pneumatic Office No.59 in Mittelgaße, District 6, just round the corner from the addressee's home.

It has the correct postage of 40 groschen and an express label, not a Rohrpost label; so, it was the post office staff who decided that the quickest way to deliver the postcard was by pneumatic post. From Pneumatic Office No. 59 the card would have been given to a boy on a bike to deliver by hand.

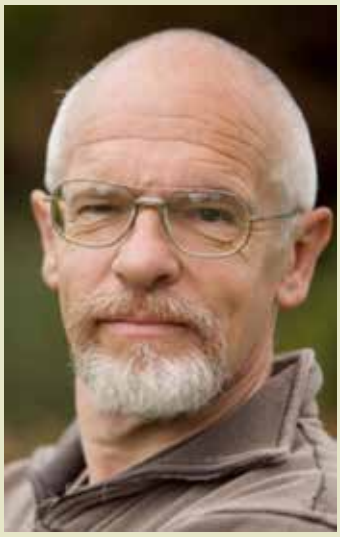
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LATEST DOINGS ON OUR FOOTPATHS



It might not look like it, but there's always something happening on the public footpaths around the parish.

Highways recently messaged me to say they'd replaced a fingerpost on Garvestone Road. No big news, you might think, but I do have notes of four "defects"(which is what Highways call them) still open from 2025. I sometimes think they've forgotten about a report, but then they pop up to announce completion of a repair! Not very exciting? Well, I do lead a quiet life. Perhaps I should get out (even) more often!

Not so long back, I received an email from the Parish Clerk saying one of our landowners wanted to talk to me, as they'd received a letter from Highways about overgrowth on a particular path. Overgrowth is what Highways say when they mean obstructive low-hanging branches. I wasn't quite sure what would happen, but we had a very amiable conversation about how the problem might best be addressed. I was really encouraged by this positive approach. Local conversations seem to me likely to have a much more positive and quicker outcome than waiting for the slow-grinding wheels of bureaucracy. I have noticed that if the solution to a problem is to send a letter to a landowner, it happens much quicker than if Highways themselves need to effect a repair. Only natural, I suppose, given how strapped for cash Local Authorities seem to be.

Just in the last week, at the time of writing, I got another email, again via the Parish Clerk, asking if anything could be done about the stiles on the path going off South Green by the Mill. I went round there and confirmed with my own eyes that both the way into the field behind Mill House and the exit from it are pretty hairy. Oddly enough, I hadn't spotted that last time I walked that path myself, so I'm really grateful for having been told about it. The "stiles" are basically small platforms welded on to a lower rung of each gate, and are a bit too low for many people to mount safely. One of the gates wobbles horribly and the other has a length of wrought iron fencing securely attached to it, filling a gap with the hedge, presumably to stop horses getting out. I can see why whoever has the horses in that field (they weren't there when I visited) would want to stop them wandering, but it's a shame that the current solution makes it difficult to use the path. Having said that, many feet have clearly marked the path through the crop in the next field, taking you out onto New Lane, so maybe it's still passable. If you do follow that path, cross New Lane on to the track by the fingerpost, and the lovely walk continues through the fields, bringing you out in Welborne. Might be a good way to get to the Welborne Beer Festival in July (Saturday 11th, I believe, but don't take my word for it, check out their website).

Remember, if you find a problem on the Public Rights of Way anywhere in Mattishall, you can report it direct to Highways on the Norfolk County Council website. It does take about half-a-dozen clicks to get to the right place, and the "journey" through the website refers to "roads" until the last minute, but it is there, and Highways WILL get back to you. If you lose the will to live with that, please do contact me by email on fpw.mattishall@gmail.com and I'll report the problem and keep checking for progress.

Do take care if you're out and about on our footpaths.

Wallace Murray

Footpath Warden

Brainteasers Issue 107

Brainteaser 4 of 5

Using the figures *7, 7, 7, 7* and 1, can you make the number 100 using just a minus sign?

Answer inside back cover

CRIMEWATCH MATTISHALL



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

Have Your Say – Neighbourhood Police Meetings

Your local policing team is keen to hear from you — and one of the best ways to do this is by attending our **Neighbourhood Police Meetings.**

These meetings provide a valuable opportunity for residents to meet with local police officers and raise any issues or concerns affecting our community.

What are Neighbourhood Police Meetings?

Neighbourhood Police Meetings are hosted by your local **Safer Neighbourhood Team (SNT)**, including Beat Managers and Engagement Officers. They are designed to:

- Give residents the chance to speak directly with their local police team.
- Share updates on recent policing activity in the area.
- Provide feedback on work carried out over recent months.

Offer a space for residents to highlight local concerns.

Why Attend?

Neighbourhood Police Meetings are an excellent way to:

- Stay informed about what is happening locally.
- Raise issues affecting your area.
- Help influence local policing priorities.
- Work together to improve community safety.

Whether your concern is antisocial behaviour, speeding, or another local issue, these meetings ensure your voice is heard.

Upcoming Meeting Dates

We warmly invite all residents to attend our upcoming meetings:

- **28 July 2026 at 7:00pm**
  Location: To be confirmed
  Join the meeting online - contact SNTBreckland@norfolk.police.uk
- **6 October 2026 at 7:00pm**
  Location: To be confirmed
  Join the meeting online - contact SNTBreckland@norfolk.police.uk

(Further details, including venue and joining information, will be provided closer to each date.)

Can't Attend?

If you are unable to attend but would still like to raise a concern or issue, you can contact your local Safer Neighbourhood Team directly at:

SNTKingsLynnWestNorfolk@norfolk.police.uk

Working Together

Neighbourhood Police Meetings are about **working in partnership with the community** — bringing residents and police together to identify problems and find practical solutions.

By getting involved, you are helping to make your neighbourhood a safer place for everyone.

Brainteasers Issue 107

Brainteaser 5 of 5

A mother says to her son, "I am four times as old as you were when I was the same age as you are now."

If the mother is 40 years old, how old is her son?

Answer inside back cover



BRECKLAND ARTISTS ARE OPENING THEIR STUDIOS

In July, ten artists across Breckland are opening their studios to visitors. This event provides a unique chance to step inside the working spaces of local artists and experience creativity first hand. Breckland Open Studios celebrates the richness and diversity of artistic talent across the area. It is intended for anyone - whether you are a seasoned collector, casual art lover, just looking for an inspiring day out or someone who has never engaged with art before.

Visitors can meet the artists, ask questions, discover the stories behind the work and often purchase original pieces directly. It is a welcoming informal event that encourages conversation, connection and a deeper understanding of the arts within our community.

This year in Mattishall/Welborne, three artists are taking part: Zelda Eady, Ewan Graham, and Ruthanne Tudball.



At the end of Howes Lane is Jacob's Island Studio where **Zelda Eady** is to be found in her printmaking workshop. There are two working printing presses to look at and she will happily give you a demonstration. New for this year is a series of works inspired by daily walks around Mattishall that combine printmaking techniques with painting. In addition to hand-pulled original prints and paintings, there are hand-made cards and many unframed works to browse through.

Ruthanne Tudball's studio, Solomon's Temple Barn Pottery is located on Welborne Common. Ruthanne is an Honorary member of the Craft Potters Association of Great Britain, a member of the International Academy of Ceramics and of Norfolk Contemporary Art Society. Her latest work includes hand-built functional vessels, manipulated while wet to maintain the organic and textural quality of soft clay. All her ceramics are soda-vapour glazed in a wood/gas kiln. Ruthanne is always happy to explain how she makes and fires her work and a wide selection of stunning ceramics will be on display and for sale.





Ewan Graham, at Sandpit Farmhouse Burgh Lane, is an accomplished painter in oils. Since retiring, he has been able to focus on painting and has had several successful solo shows in the Artspace Gallery, Woodbridge and Chet Valley Vineyard. Ewan works from imagination giving him the freedom to make atmospheric landscapes, seascapes and fantasy nebulae. He is always happy to chat about his process and show you around his studio frequently accompanied with a glass of fizz.

During Breckland Open Studios week you may also like to go further afield. You can visit Sarah Russell's studio at Wendling where she creates expressive monotypes inspired by landscape. Or why not visit Great Elmham to experience Toby Winterbourn's sculpture and Beth Morrison's ceramics and in Swanton Morley four more artists are exhibiting at the Art Space Place.

Brochures are available at the post office in Mattishall and in many local shops and cafes. Further information is available on our website: brecklandopenstudios.com. We all look forward to meeting you in our studios soon.

Breckland Open Studios runs from every day from July 11th to July 19th, 10am to 4 pm. All studios are free to visit.

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By Kim

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Date:
Saturday
11th July
Time: 3pm til late

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MATTISHALL COMMUNITY HUB
Promoting social contact & community projects



Roundabout

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



Loades from Lizzie 01362 850491

DROP IN

We meet every Thursday morning from 10am until midday in All Saints Church, Mattishall serving cuppas and treats all morning. A great place to meet up and make new friends. Lots of chat and a friendly social atmosphere.

There is no set charge for anything but if you are able to make a small donation of £2 to cover our costs it is appreciated but not essential. That is quite good value for unlimited drinks, biscuits and cake. We sometimes have homemade cakes brought - there is always something nice to enjoy.

We are also a Dementia Friendly group so if you or a loved one have issues with memory you are welcome to come along. We have activities for you to take part in, or just have a chat. We just ask that a family member or carer accompanies people so they are not alone, but Carers will find plenty of others to chat with and may enjoy generally socialising.



If you are feeling a bit lonely or have worries then please think about coming in, just ask for Lizzie and I will introduce you to someone to sit with. We can also offer support to guide you to organisations that can help with issues that are causing you anxiety, (e.g. debt or foodbank).

Sometimes we even bring our knitting or crochet, great to share skills and discuss our hobbies.

SINGING FOR WELLBEING

These are FREE sessions held twice a month and anyone is welcome to come along. You do not need to have a good voice or any musical knowledge, just need to enjoy joining in with others and having fun. Our songs range from The Beatles, Rock n Roll to Vera Lynn. The aim is to leave with a smile on your face!!

Singing is very good for your breathing and wellbeing as well as the social side of meeting up with others. This is also another Dementia Friendly activity, singing can be a great activity for those who struggle with memory. It is amazing how people remember songs. We just ask that people are accompanied by a family member or carer.

We meet on the second Wednesday of the month from 1-2pm in All Saints Church, Mattishall and on the fourth Thursday from 7-8pm. We arrive a bit early to have a cuppa together before we start.

A village Community Choir has evolved from these sessions, (only if you feel you want to take part). This is also quite good fun and we get invited to go along to other events in the area and lead a bit of singing. We will be at Matt Fest on Sunday 28th June at the social club.

LIZZIE'S BOOK LOVERS CLUB



If you enjoy a good book then this could be something for you. We are actually more of a book swap with lots of chat over a cuppa and cake. We just tell each other about books we have read and usually brought along for others to take. We have a wide variety of tastes in our reading so I am sure you will hear about something you like. We are VERY INFORMAL and don't have a set book to read. Our chats can sometimes lead on to a very wide range of topics!!

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

SUNDAY MORNING 9am CHURCH SERVICE (most Sundays)

If you like a traditional church service then we would love you to come along. This service lasts no more than an hour and we then have a cuppa together before the second more modern service that starts at 10.30am. Anyone is welcome to join us, no pressure. We are quite a friendly group!

Hope to see you at one or more of these activities.

Lizzie



MATTISHALL METHODIST CHURCH

Weekly Sunday Services at 2.30 pm

Weekly Bible Study on Thursdays at 2.00 pm. alternating with Garvestone Methodist Church - Contact Fred on 01362 850750 for dates and venue.

Sunday 27th September - Harvest Festival Service at 2.30 pm.

See Noticeboard for details. All welcome.

Meting Rooms for hire - Enquiries to Fred on 01362 850750.

ALL SAINTS CHURCH MATTISHALL

All Saints Church Mattishall - 9am and 10.30am Sunday Services

All Saints Church Welborne - 9am Sunday Services

An additional Benefice Holy Communion Service at 10am is on the 5th Sunday of a month at different locations

See church notice boards for further information, the website at www.matvchurch.uk or contact the Benefice Church Office (next to the Mattishall Pharmacy) 01362 858873 / email contact@matvchurch.uk

The rector Revd Kirsty Long can be reached on 01362 562227 / email kirsty.long@matvchurch.uk



Question – Are continence products for personal use free of VAT in the UK?

Answer - Yes, continence products for personal use can be VAT-exempt in the UK for individuals who are disabled or have a long-term illness. This means that eligible individuals can purchase these products without paying the standard 20% VAT. However, it is not easy to see where this is mentioned on some online websites where many people now purchase them. It is also worth asking other retailers, such as chemists and supermarkets, if they are marked as VAT free and if not, can you have the reduction as they are for personal use.

A LITTLE ELDERLY HUMOUR

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says:

'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

Really!? Like a newborn baby!?'

No hair, no teeth, and I think I just wet my pants.'

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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!

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 meeting dates:
8 July … 12 August (Venue TBA) … ***9 September***

Bridge, Scrabble, Ten Pin Bowling, Darts …

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For more information please contact Jackie Tooke 01362 858447 or

Pat Hamilton 01362 850286

theWI INSPIRING WOMEN OF MATTISHALL

Dereham Walkers are Welcome

07561 813243

www.DerehamWaW.org.uk/

On Saturday 20 June, we are planning an evening walk along Rushmeadow. Full details are still to be settled as this issue goes to press, so if you're interested, please contact us.

The next First Friday walk is on 3 July, 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.

The Easy Second Tuesday walk will be on 14 July, starting as usual at 10:00 outside Dads and Lads (Cherry Tree car park). It will be no more than two miles, on good surfaces and will 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). For more details or 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.

On 22 July, we are planning our annual railway trip to Thuxton, walking back to Dereham and then on BanVk Holiday Monday 31 August will be our garden party walk, a modest walk ending with refreshments in a nearby garden.

For details of all these walks (except the Tuesday walks), please contact Ken Hawkins, ken-hawkins@tiscali.co.uk or 07561 813243. All walks will go ahead unless the weather is really bad 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.

Desert Island Discs



This is one of our favourite photos taken outside Norwich castle.

We are Claire and Chris we recently moved into Mattishall from Norwich and Watton. This is our first home together, we have been with each other for almost 7 years.

We are both very creative people and love music, sports and the beach. These are our favourite songs:

I wanna dance with somebody by Whitney Houston - we always sing along to this song

The Blaydon Races - as it represents our football team Newcastle United

Banana Pancakes by Jack Johnson - A song to relax to and remember to just take a break and appreciate who is around you

One day more - Les Miserables a song from Chris's favourite musical

We didn't start the Fire by Billy Joel - A song where you hear something different each time

All of Me by John Legend - this is our relationship song, we have been together for almost 7 years

Shadows by Lyndsay Sterling - Chris favourite song

(Sitting on) the dock of the Bay by Otis Reading - a song about trying to find where you belong

Beautiful by Christina Aguilera - because we are all BEAUTIFUL no matter what anyone says

Freedom by Kygo - Claire's favourite song. This is how Chris makes me feel -freedom to be myself

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Mattishall Parish Council News

LATEST NEWS FROM THE PARISH COUNCIL

Upcoming events!

LITTER PICKING

Saturday 11th July
Sunday 27th September

Saturday picks 11-12pm
Sunday picks 2-3pm

Please contact us if an area around the village is in need of attention!

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 Council

PLANNING MATTERS

At its June meeting the Parish Council and residents discussed Breckland Council's proposals to allocate two Mattishall sites for housing, totalling at least 150 new houses. Objections to these proposals have been submitted by the Parish Council and many local residents. Breckland Council is due to publish the next version of the Local Plan in July, when we will know whether local concerns have been listened to.

OPEN SPACE MATTERS

New seating for Kingfishers
The Parish Council has ordered new benches for the Kingfishers Open Spaces area, which will be installed shortly.

- Two park benches will be installed in the main open space.
- An accessible picnic bench will be provided for wheelchair and pushchair users.
- A further picnic bench will be placed in the fenced Community Orchard for those seeking a quieter spot.

We are especially grateful to nearby residents Mr and Mrs Bodiam, who have so generously funded one of the new park benches for Kingfishers Open Spaces. The Parish Council would like to express its sincere thanks for their kindness, generosity and valued support of the community.

http://mattishallparish.gov.uk clerk@mattishallparish.gov.uk

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 July 2026
3 August 2026
7 September 2026
5 October 2026
2 November 2026
1 December 2026

Further details of meetings and minutes are on the website.

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

Inspections and maintenance

The Open Spaces Working Group, made up of councillors and lay members, has completed inspections of the Play Area on the Village Green, the Cemetery, the Churchyard and the allotments. Any issues identified have now been addressed.

Seasonal updates

The flower boxes at each end of the village have been replanted and should soon be in full summer colour.

Grass-cutting contract

A new contractor has been appointed for this year's grass-cutting work and briefed on the areas to be maintained. If you notice any areas that may have been missed, please let the Clerk know so we can follow this up promptly.

All Saints Church Yard Wall

The Parish Council has agreed a rolling three year contract which will ensure that the churchyard wall is sympathetically repaired and maintained. The wall, which is many centuries old, needs constant work to prevent further deterioration and to make sure it is safe for adjacent pedestrians. This contract demonstrates the Parish Council's continual commitment to preserving the village's key assets.

YOUTH CLUB

The Parish Council is delighted to announce that £2,500 has been secured from the Norfolk Community Fund to support the work of Mattishall Youth Club. The grant funding will be used to purchase much needed materials and equipment for use by our young people at the popular Friday evening Memorial Hall based youth Club. The young people themselves will be fully involved with YMCA in deciding how to allocate the money!

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Answers to Brainteasers

1. £21
2. There will be 21 holes
3. Emma won two games, and Jane won three games more than Emma, so they played a total of seven games.
4. 177 – 77 = 100
5. What we know:

	Before	Now
Mother	x	40
Son	y	z

40 = 4y, so y = 10

z = x

The difference in their ages is the same at all times, so:

40 – x = x – 10

40 + 10 = x + x

2x = 50

x = 25, so the son is 25 years old

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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:

8th July 5th August 2nd September 30th September

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

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(only available during school hours)

Mattishall Golf Club (outside the clubhouse)

Welborne Village Hall (beside the back door)

SUMMER Quiz

Answers from the last issue

Answers from the last issue: 1) Magnum 2) Mediterranean 3) Orange 4) Blackpool 5) Nicotine 6) Harmonica 7) Electron, neutron and proton 8) Sapphire 9) 20 10) Antimony

Congratulations to **Pamela Golder** who won our voucher for Café Verde.

With a chance to win the next voucher, email your answers to miscadvert@yahoo.com by 31st July 2026

1. Who were the first winners of the football World Cup?
2. K is the symbol for which element?
3. How many kings of England have been called William?
4. What colour is Lancashire's rose?
5. The British Grand Prix, held at Silverstone, is in which county?
6. 6ft 6ins is how many metres?
7. Windhoek is the capital of?
8. How many Thunderbirds were there?
9. What is the 4th letter of the Greek alphabet?
10. Which body part is the same size all through life?

Miscellanea Production Schedule

to be ready for w/c	Adverts and payment submitted by	Reports & articles submitted by:	Printed and ready for delivery
September 2026	Fri, 4th Sept	Wed, 9th Sept	Friday, 25th Sept
December 2026	Fri, 6th Nov	Wed, 11th Nov	Friday, 27th Nov
March 2027	Fri, 5th Mar	Wed, 10th Mar	Friday, 26th March
June 2027	Fri, 28th May	Wed, 2nd June	Friday, 18th June

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