



# HOCKERING

*Life*

SPRING 2024 EDITION

**In This Issue** - Rugby A Sport for All Women - History of Hockering Wood  
Yvonne's Homeopathy - Janette's Companionship Service - Lynn's Craft Corner





## Editors Comments

Welcome to the Spring Issue of Hockering Life.

I don't know about anyone else, but Spring is my favourite month. The bulbs are peeking up and the trees are coming back to life. The little buds and sprinkling of colour around our beautiful village fills me with optimism for all the great things that we can achieve as a community this year.

There is so much going on this year: The Friends of Hockering, the Parish Council and Hockering Football Club all have big plans for events and improvements in the village. You can read about some of them in this issue.

All of these groups are run by volunteers who work hard behind the scenes. If any of the articles in this issue inspire you to get involved in any of these groups then I'd encourage you to get in contact.

In particular I know the Parish Council has lots of ideas in the pipeline, including: introducing a Village Youth Club, developing a Village Plan to help steer future building developments, helping to fund new leisure and sporting facilities as well as supporting a village fete. These ideas came about through suggestions raised at the Parish Council meetings. If you can spare an hour once a month then I would encourage everyone to come along to the meetings to share your views and find out what is going on.

I attended Hockering Football Club AGM in February and was excited to hear that the club is growing from strength to strength and is fast becoming one of the largest amateur clubs in Breckland. This is fantastic for our village and brings with it new and exciting opportunities for developing the facilities at the club for the benefit of the whole village. I know the Parish Council are looking forward to working with the club to achieve this.

As you can see, this is a very full issue. I'd like to thank everyone that contributed articles, letters and ideas. We are always looking for volunteers to help with the production of the magazine so if you can spare a few hours a couple of times a year please let me know.

If you would like to contribute content please send to [pippa.cocker@gmail.com](mailto:pippa.cocker@gmail.com)

Content deadlines: April 25th, July 25th, and November 25th.

Proposed Meeting dates: March 28th, June 27th, September 26th (meetings will be informal and held in the Victoria.)

Happy reading

Pippa Cocker.

[Pippa.cocker@gmail.com](mailto:Pippa.cocker@gmail.com)



## Table of Contents

**Page 2 - Editors Comments**

**Page 3 - Thoughts From The Chair**

**Page 4 & 5 - What has your parish council been doing...**

**Page 6 & 7 - Rugby A Sport for All Women**

**Page 8 - Lynn's Craft Corner**

**Page 9 - Friends of Hockering Primary School**

**Page 10 - History of Hockering Wood**

**Page 11 - Park Physiotherapy**

**Page 12 - Missive From St Michael's**

**Page 13 - News from the Church**

**Page 14 - Yvonne's Homeopathy**

**Page 15 - Janette's Companionship Services**

**Page 16 - Hockering FC**



## FROM THE VILLAGE

It was lovely to see the Christmas outdoor lights that were displayed in Hockering last Christmas. For the first time I was unable to put ours up as I was unwell. For those in Hockering who know my husband Tony, he is a marvellous builder but has shockingly bad skills where anything requiring flair and imagination are needed. So we gave it a miss this year. When the weather is gloomy and the economy is dire it is uplifting to see the bright twinkling lights and when coming into the village very welcoming. All were beautiful but for me the absolute joy at seeing the tree at the old police house from our kitchen window peeping through the trees was so appreciated. Often I would stand at our back door and just take in the simplicity of it, somehow it took me back to my childhood (yongs ago!) when I would stand and gaze at the magic of it all. I do hope I am able to contribute next year.

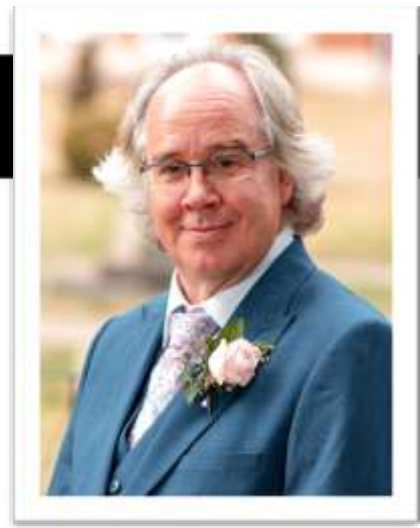
Thank you everybody

Sherree Kinsley

Statements and opinions expressed in articles, reviews and other materials herein are those of the authors. While every care has been taken in the compilation of this information and every attempt made to present up-to-date and accurate information, we cannot guarantee that inaccuracies will not occur.

Photo Credits - Front Cover Mark Cocker -- Pages 4 & 5 East Anglian Air Ambulance  
Pages 6 & 7 Ruth Batchelor - Page 9 Friends of Hockering Primary School Page 11 Liz  
Palmer - Page 15 Janette Higgs - Page 14 Yvonne Volosynovych —  
Pages 15 Hockering FC

# Thoughts FROM THE CHAIR



Happy New Year from Hockering Parish Council. For this edition of Hockering Life we are looking forward to the possibilities that a new year can bring.

**Hockering Fete Day** – Your Parish Council is looking to be part of a team to organise a village fete. We would like to invite as many local groups as possible to join us. To kick things off we will be organising an open meeting for all interested parties to attend. This will be advertised through Facebook and posters around the village.

**Village Planters** – As before we thank all those who helped in whatever way to brighten up our village through the planters. It will soon be time to plant bulbs and summer annuals. The Parish council will also be looking to install a large water storage tank behind the bus stop to help with the watering of the planters in the dry summer days.

**Village Clean Up** – The HPC will be looking to organise a couple of village clean-up days over the year. One for general rubbish and one to tidy up the footpaths. Again, any assistance will be gratefully received, and you might even get a coffee and cake.

**Monthly Bingo** – With regret, we are struggling to find anyone willing to take on the responsibility for running the Bingo evenings. If you can spare a few hours a month to advertise and organise the events, we would be most grateful.

These are just a few of the things that your parish council is looking at supporting for the community. If you have any suggestions, we'd love to hear from you.

Best regards,

Jonty Blackwell

Chair Hockering Parish Council

The Hockering Parish Council has 7 seats for Councillors to represent the village on various matters.

### Your current Councillors are:

Cllr Jonty Blackwell (Chair)

Cllr Pippa Cocker (Vice Chair)

Cllr Rosemary Neave

Cllr Lynn Parker

Cllr Brian Higgins

### Parish Clerk and Responsible Officer:

Margaret Ridgwell

Currently there are two vacancies on the Parish Council, if you are interested in volunteering a few hours a month to represent the interest of our local community please contact the Parish Clerk:

hockeringparishcouncil@gmail.com  
tel: 01603 871636

## Parish Council Meetings Dates

Tuesday 12th March 2024

Tuesday 9th April 2024

Annual Meeting - Tuesday 14th May 2024

Tuesday 9th July 2024

*Held at the Village Hall from 1930hrs  
(unless otherwise stated)*



**For All Agendas & Minutes Visit**  
<https://www.hockeringpc.info/minutes-agendas>

# What Has Your Parish Council Been Doing?

## East Anglian Air Ambulance CPR Training

How many of you remember the Bee Gees famous song “Staying Alive”?

How many of you thought back, in 1977, that this would end up being the theme used today for Basic Life Support? Well, this is the rhythm that’s recommended for use should you ever have to perform CPR on someone.

The days of ‘Nelly the elephant’ have gone!



On 1st December 2023, a Basic Life Support session was booked in the village hall after the Saturday coffee morning. It was open to all Hockering residents and nine of us attended. Doug Penry, a volunteer from the East Anglian Air Ambulance (EAAA), which is a registered charity that relies on donations, kindly came along to give a talk and demonstration.

After a welcome cup of coffee, Doug gave a very informative talk followed by a demonstration on how to give CPR (cardiopulmonary resuscitation). He’d brought along five resuscitation ‘dummies’ and

demonstrated how the Bee Gees theme to ‘Staying Alive’ is used to help maintain vital chest compressions on someone who has collapsed with a probable heart attack and is unresponsive. One ‘dummy’ also showed how important it was that these compressions were maintained as it showed vital blood flow to the brain. Doug also showed how the defibrillator worked and went through how it should be used alongside CPR. We were all encouraged to ‘have a go’ ourselves and everyone agreed that the hands on section really emphasised the importance of feeling more confident should we ever face the possibility of trying to help save a life.

We hope to run this course again at a future date, so look out for it and come along. And remember, if it is ever needed, we have a Defibrillator at the village hall.

By: Lynn Parker

**For more information please use the QR code to visit the East Anglian Air Ambulance website**







Hockering Parish Council  
c/o Margaret Ridgewell  
Sent via email

Our ref: TRE-162969

Friday, 26<sup>th</sup> January 2024

Dear Margaret

The lives of seriously injured and ill people across East Anglia are being saved today because of you and your kind donation, following your recent CPR training session at Hockering Village Hall. Thanks to donations from the Parish Council, your friends and family could receive the expert critical care they need in an emergency and support with their recovery, as well as giving more people in our community the opportunity to learn the life-saving skills of how to deliver CPR - you really are making a difference!

Your kind donation of £200 has arrived with us safely, and we thank you so much! East Anglian Air Ambulance (EAAA) couldn't save lives without you. Please pass on our heartfelt thanks to everyone who took part in the course and contributed in any way. Together you really will save lives.

Your donation made me think about a recent patient attended by EAAA. We were called out to a man in his 40s who was suffering a cardiac arrest at his home, where his wife and daughter had performed 20 minutes of CPR and used a community AED, keeping him alive and ultimately, saving his life. Your donations make cases like this one possible with the training that we can provide.

I am proud to lead the Community Training Programme at EAAA, which your donation will help to fund. The survival rates for patients from cardiac arrests outside of hospitals, in homes, gardens, and workplaces across the region is very low (around 8%, in fact). As you'll know following your recent training, it is vital for a patient in cardiac arrest to receive early CPR and have a defibrillator (AED) used on them, ahead of receiving advanced care which East Anglian Air Ambulance doctors and critical care paramedics are able to provide, thanks to support like yours.

You fund our Community Trainers and the equipment they need to teach more people like you how to be a life-saver in their community - I hope you know how wonderful you are.

Yours sincerely,

**Josh Lawrence**  
Community Training Programme Manager

*Together we save lives*

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

Registered office: Helimed House, Hangar 14, Norwich Airport,  
Gambling Close, Norwich, Norfolk NR6 6EG

Telephone: 03450 669 999

Registered charity in England and Wales number 1083876



## Update on Dangerous Parking in the Village

In the last issue we raised concerns regarding inconsiderate and dangerous parking in the village. The Parish Council are in contact with the SNAP team for the area (Safer Neighbourhood Action Panel) and we are aware that the SNAP team visited the village to review parking in January.

We have been advised that the issues with parking are ongoing, therefore SNAP have asked all residents to take photographic evidence of any illegal parking that is in violation of traffic rule 243 and report it via the email address [SOHContact@norfolk.police.uk](mailto:SOHContact@norfolk.police.uk) or by calling 101, or online [www.norfolk.police.uk](http://www.norfolk.police.uk)

Residents can also attend the next dedicated SNAP meeting: 7pm at the Breckland Council Offices on 6 March.

These meetings are open to everyone and include updates around local crime stats and actions on local priorities. They're also a chance for you to bring local issues to the table.

Rule 243

### DO NOT stop or park

Near a school entrance

Anywhere you would prevent access for Emergency Services

Opposite or within 10 metres of a junction, except in an authorised parking space

Where the kerb has been lowered to help wheelchair users and powered mobility vehicles

In front of an entrance to a property

On a bend

# Rugby

## A SPORT FOR ALL WOMEN

Over recent years participation in womens and girls rugby has grown exponentially, but there are still a lot of misconceptions around the fairer sex playing the sport.

You wouldn't be on your own for thinking rugby is just for hulking men and if women were to play then they are probably all overweight lesbians, sure there are some, but they are few and far between. And yes you need some big players to do the grunt work, but you also need the streamlined speedster and every shape and size you can think of in-between. There is a position for everyone on a rugby team making it one of the most diverse and inclusive sports there is.

The diversity and inclusivity isn't restricted to size or athleticism either, especially at grassroots level.



Your local womens team - The Crusaders women's squad embodies this premise, with kids from 17, young adults, parents and even grandparents in their 70s. There's a variety of sexualities and genders, with people who are gay, straight, bi, trans and non-binary.

Crusaders is based in Little Melton, it's the closest womens team to Hockering, and is just a 15 minute drive away. Training is held on Thursday evenings where new and experienced players come together to learn new skills, socialise and get a bit of fitness at the same time.

It can be daunting entering a new environment, especially if you've never played rugby, or even a team sport before. But I know from experience, that it's worth taking that leap, as no matter who you are or what background you've had, you will be welcomed and in no time you will feel part of a family.

### Meet the Captain...Ruth



I've lived in Hockering for 4 and a half years with my wife, 2 cats and 1 dog. I work from home as an Integration Consultant for a local business, but I am passionate about playing rugby. I first went along to Crusaders shortly after moving to Hockering. I had no previous experience of playing rugby, but within a few weeks I was asked if I would like to play my first game. There was no pressure to play and although I was nervous, I accepted the challenge and haven't looked back. I was voted in as captain by the players at the end of last season and it's been an honour to lead them on and off the pitch. I'm now approaching 40 and it just shows it's never too late to take up a new hobby or sport.

### Fancy giving rugby a try?

Anyone is welcome at any time throughout the season. If you want to learn more about Crusaders Womens team then give us a follow on Facebook, Instagram and TikTok or drop us a message. Or you can simply come along to a training session on a Thursday evening at 7pm.

Crusaders also has a mens section with a first and second team and a thriving youth section, so no matter what age or gender, there is a place for you.

### What's on at Crusaders?

There's more than just rugby at Crusaders, we aim to create a community atmosphere with the events that are put on, all of which are run by volunteers.



There's a summer beer festival which takes place over a weekend in July, which has over 25 beers and ciders, food vendors and live music. Get the 5th – 6th July in the diary for this year!

Fireworks night which attracts 100s of families to their organised display every year.

Then there's the pre match 3 course lunches which happen throughout the year.

Crusing into summer is the womens summer sessions where we have some fun and try out some different sports and activities. Keep an eye on the socials for more details. This is great for those who are not sure about rugby, but want to get involved.

Thanks, Ruth

**Women's Social media** Instagram: @crusaders\_women TikTok: @crusaderswomenrugby Facebook: Crusaders Women's Rugby Team

**Club Social media** - Instagram: @crusadersrugbyclub Facebook: Crusaders Rugby Club



# What's On AT THE VICTORIA

The Victoria offers a fine selection of beers, wines, spirits and alcohol free beverages. Food is available on request, along with regular quiz and music nights.

*Regular Entertainment*

**Open Mic with Lee Vasey**  
Dates to be Confirmed

**The Victoria Pub Quiz**  
Third Thursday of the Month  
Tables must be booked in advance.

**FOR BOOKINGS CALL**  
**01603 880507**

**OPENING TIMES - 4pm Tuesday to Thursday - 12pm Saturday and Sunday**



# Lynn's CRAFT CORNER



For this issue of our Hockering Magazine I'm introducing you to the craft of Polymer Clay.

Who remembers when you were allowed to open up a new piece of plasticine at school? Playing with plasticine was amazing, it permitted so much imagination but all too soon those lovely vibrant colours turned into one huge grey mess. Polymer clay is a synthetic type of modelling clay, but the imagination is limitless.



It's purchased in blocks in many craft shops under the manufacturers names and includes "Fimo", "Keto", "Sculpey" and "Premo". Various tools are required such as a glass rolling pin, cutters and for more adventure, invest in a pasta machine. Bead and various other moulds are also available. More tools will help you to make jewellery, figurines, beads, gifts, pictures, it's endless.

Unlike plasticine, polymer clay can be rolled out, or put through a pasta machine before it's rolled up with one, two or more different colours stacked together, rolled out into a sausage shape, (by hand) pushed at each end to reduce it and the colours won't mix. Using one of the special cutters, slice the 'sausage' and see the pattern. Divide this again, putting the circles together in a different format, wrap in another rolled out piece of polymer clay and again slice. These are called canes. The patterns are amazing and you can then go on to cover round beads of clay that you've fashioned already. Polymer clay is non toxic and is safe for children and around pets. It needs to be baked in the oven to harden and the product packages will give the oven temperature and time required. Allow to cool before handling.



Use the QR code below to see a great YouTube video and search Pinterest for more ideas, you'll definitely be inspired.

Look on Amazon for books for beginners and those who want to try more advanced techniques.







# Friends OF HOCKERING PRIMARY SCHOOL



A very happy 2024 to everyone from the Friends of Hockering School! Thank you so much for the support we have received since forming in April 2023, we've had a great first year and have some big plans for the future!

Following successful fundraising over the winter term we received a combined total of just over £400.00 from the donations through the Bag2School drop off, a school tea-towel project and the Christmas Quiz held at the pub. We used some of this money to pay for the entire school to go to the pantomime just before breaking up for Christmas. We were so pleased to be able to entirely fund this trip and think it was a great experience for the children who seem to have really enjoyed the day.

*"The Pantomime was such fun, all the actors were excellent and so funny. We loved this school trip, it was lovely to experience the theatre with all our friends"* - Ruby and Darcey Bailey, aged 8 and 10

One of our ventures for 2024 will be creating a school garden. Most of you will probably be unaware that there is a small, triangular piece of land to the east of the school building which contains a small pond. Currently, this area of land is chest high in bramble scrub interspersed with rotten wooden boardwalk, and completely unsafe for the children to use. We are in the process of designing a new garden area, which will incorporate raised beds for growing vegetables, herbs and flowers, as well as nature areas which can be used to learn about wildlife and ecosystems. We hope to be awarded funding to create this new zone for the school, but we also need your help! Do you have any gardening tools that you no longer need? Do you have any contacts in the wider community that we could approach to get cheaper topsoil or woodchip?

If you think you can help us in any way, please get in touch with us at [friendsofhockeringprimaryschool@gmail.com](mailto:friendsofhockeringprimaryschool@gmail.com) and let us know: we will appreciate any offer of help, from seeds, tools, materials, to even offers of help to clear and create the garden!

We held a successful Valentines Cake Sale in February and we are planning an Easter Disco in the Easter Holidays, so keep your eyes peeled in Hockering Life

and on our Facebook page for updates on these. If you want to know more about us or want to support us in any way, please do get in touch either on Facebook using this QR code, or email us. Thank you.




**HELP NEEDED!**

**WE ARE CREATING "HOCKERING HAVEN" - A GARDEN AND NATURE AREA WITHIN HOCKERING PRIMARY SCHOOL, BUT WE NEED YOUR HELP!**

We are looking for community support in getting the garden established. We need volunteers to help clear the site, materials like topsoil, woodchip and wooden fencing; skilled volunteers to build raised beds and pathways, and tools and seeds for the children to plant and grow.

Please contact us if you can support us in any way with this exciting new project for Hockering Primary School

CONTACT US AT [FRIENDSOFHOCKERINGPRIMARYSCHOOL@GMAIL.COM](mailto:friendsofhockeringprimaryschool@gmail.com) TO FIND OUT MORE

CHARITY REFERENCE: 2022280



# History

# OF HOCKERING WOOD

Hockering Wood is the third largest Ancient Wood in Norfolk (after Foxley and Haveringland Great Wood), extending over an area of 89 hectares (220 acres). It is a Site of Special Scientific Interest (SSSI), owned privately by the Hutton family and managed by Michael Ryder of Oakbank Game & Conservation Ltd under a plan agreed with various stakeholders, both national and local.

The history of the Wood is not well documented. It is shown as almost the same outline as today on Faden's Map of 1797 and 1805. It is also referred to on a map dating back as early as 1316. By the 18th century the Wood formed part of the Berney estate, centred on Morton Hall. In 1956 the Wood was acquired by Captain Hutton and remains within the ownership of the Hutton Family.

In Hockering Wood you will find small-leaved lime, oak, birch, hazel, ash, sycamore and a variety of conifers, with an established understorey of lime and hazel coppice, together with a wide range of flora and fauna. The Wood is actively managed in conjunction with the Forestry Commission and Natural England.

The Wood is particularly special because it is dominated by small-leaved lime, an uncommon tree in East Anglia. Other parts of the Wood support oak, ash and hazel. Coppice management serves to encourage a varied woodland structure and a rich variety of wildflowers.

Hockering is a working wood, where the management is aimed at allowing commercial forestry and wildlife to co-exist.

Hockering Wood is one of the largest ancient, semi-natural woodlands in Norfolk, its ponds provide habitats for the protected Great Crested Newt, and a rare mix of soils support an ecological range that is remarkably unusual for Norfolk. It also contains a moated site believed to date as far back as the Middle Ages.

In Spring the Wood is very colourful, with carpets of primroses, bluebells, anemones, purple orchids and the rare lily-of-the-valley. The Wood is rich in birdlife and on spring mornings echoes to the sound of the dawn chorus.

For more information visit [www.hockeringwood.com](http://www.hockeringwood.com).

By Georgie Peto and Marie Tuttle







## Park Physiotherapy—with Liz Palmer

If you are in need of help but prefer not to come to the clinic we can do a consultation over the telephone or via a video link. our telephone answer machine will take messages 24/7.

If you are suffering with an injury, muscle or joint problem, back pain or any discomfort. We are here to provide the highest standard of assessment, treatment and advice, using the latest techniques and following Evidence Based Practice guidelines following up to date research. Please call us if you have any questions, our friendly receptionist will make sure that one of our physiotherapists will speak to you when they are able to.

Within the team we have different areas of interest and specialism's which enables us to consult and refer within the practice. We are dedicated to understanding the cause of your problem, providing a diagnosis with detailed advice and tailoring your treatment to your problem.

### WRIST, HAND & FINGER STRETCH AND STRENGTHEN

A really useful exercise for those arthritic wrists and hands. This even works when the fingers are knobbly and painful.

As with all exercises start gently and ease into the movement going as far as you are able to.

With repetition of the movement it becomes easier.

With painful hands a soak in a bowl of warm water often helps to get them going.

This movement uses the whole arm - this is very important as the muscles that tighten up your fingers start above your elbow!



©BJC HealthCare

hold your arm down beside you with a **STRAIGHT ELBOW**  
lift your hand up and stretch your fingers and thumb as far as you can  
turn your arm so the inside of your elbow is facing forwards  
Keeping your fingers straight, bend your wrist backwards gently until you feel a stretch.

you will feel a stretch on the front of your forearm

HOLD: 5 seconds, 3 repetitions, 3 - 4 times per day OR  
MORE!



©BJC HealthCare

Turn your arm IN

Gently make a half-fist (loose fist), and bend your wrist backwards until you feel a stretch. Keep your elbow straight.  
This time you will feel a stretch on the back of your forearm.

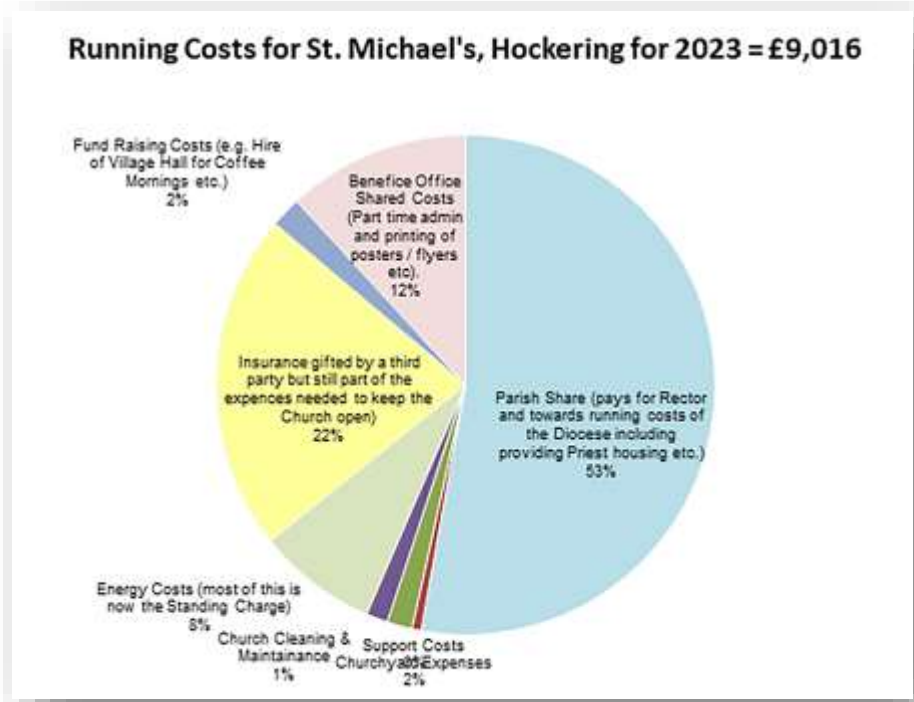
HOLD seconds, 5 repetitions, 3 - 4 times per day OR MORE!



It was amazing to see so many people from our community at our January Coffee Morning. And speaking of which, I wonder if you appreciate just how important your continued support for these events are to us and the life of our church.

Most of our regular congregation are pensioners, and our numbers are dwindling because of the effects of ill health and worse! Those few are the people that not only organise and run the Coffee Mornings but are also responsible for maintaining the St. Michael church building. Just as your household expenses are going up, so are ours. For example, we have to pay a standing charge for our electricity 365 days a year despite the church only being opened a few days each month. The pie chart shows how much money we have to find each year and what it is needed for. We are therefore very grateful for your support at the Coffee Mornings and also the financial support from Hockering Parish Council and Hockering Charities – without it we might not be able to carry on!

But please, it isn't just about the money – community members help us at events and again, we couldn't do it without them. For example:



Dean and the Bagatelle, cooks who regularly make the cakes and sausage rolls and Carolyn who does us some amazing flower arrangements for special occasions at the church. Might you be able to spare a few hours each month to help us? If so, please get in touch with me, Heather Flint through Mandy at our Church Benefice office [contact@matvchurch.uk](mailto:contact@matvchurch.uk) Phone: 01362 858873

We look forward to seeing you all again at our future Coffee Mornings – the dates booked for 2024 so far are 16<sup>th</sup> March, 18<sup>th</sup> May, 15<sup>th</sup> June, 20<sup>th</sup> July, 14<sup>th</sup> September, 19<sup>th</sup> October. There will also be a Christmas one, but that date will be announced nearer the time. Please put these dates in your diary or calendar.

Thank you again.

Heather



## DEREHAM WALKERS ARE WELCOME

Dereham Walkers are Welcome is a not for profit organisation - Please come and join us for a walk in the local area.

Our short walk of around four miles is always on the first Friday of the month.

There is a programme of longer walks planned for 2024 as well as continuing our walks of two miles for those just beginning their walking experience.



email Ken Hawkins: [ken-Hawkins@tiscali.co.uk](mailto:ken-Hawkins@tiscali.co.uk)  
or call him on 07505 426750.  
For up-to-date information,  
please check our website [www.derehamwaw.org](http://www.derehamwaw.org)





## It's Lent! I'm giving up biscuits.

Hang on, punctuation went wrong there. Let's try again: It's Lent. I'm giving up. Biscuits? (I don't really drink except on a Sunday, but substitute biscuits for your favourite vice)

It strikes me as a cruel thing that the traditional time for New Year resolutions is in January, where it's cold, damp, miserable and dark. Everything already is on hard mode, and on top of that we have to become new and better people? For the whole of January, which is about four hundred days long? Nope. Sod that for a lark. The only reason I'd forgo nice things in January is because it's a long way to payday.

And then, rather early this year, we get Lent! It starts on Ash Wednesday (the same day as St. Valentine's Day this year, so we might go with ash hearts instead on crosses on our foreheads)

Lent is another time for giving up nice things to become a better person.

Well, no. Technically it's:

### Lent

*From Wikipedia, the free encyclopaedia*

(Latin: *Quadragesima*, 'Fortieth') is the solemn Christian religious observance in the liturgical year commemorating the 40 days Jesus Christ spent fasting in the desert and enduring temptation by Satan, according to the Gospels of Matthew, Mark and Luke, before beginning his public ministry. Lent is observed in the Anglican, Eastern Orthodox, Lutheran, Methodist, Moravian, Oriental Orthodox, Church of the East, United Protestant and Roman Catholic traditions of Christianity.

So there you go. Forty days (not including Sundays) of fasting and repentance. Traditionally one gives up something that is nice or enjoyable as a 'fast', that is, foregoing a physical thing for spiritual gains.

Actually, what it sometimes turns into is an odd kind of short-term diet. Giving up cake, or biscuits, or sweets. Then the lines get blurred, and it becomes less about our spiritual health and more about our waistlines.

That's rather not the point, I think.

One year I gave up tea. As in, a nice cup of tea. I tell you, it was the longest forty days of my life, and I didn't gain anything except a short temper and a wicked addiction to coffee.

There's been a trend in recent years to take something good up instead of giving up a "bad". I like that. To be honest, life is hard enough at the moment. Let's not be cruel to ourselves on top of that.

LENT

So this year, I'm doing Lent a bit differently.  
I'm giving up perfectionism. I'll take good enough. Done is better than perfect.

And I'm giving up apologising for things that aren't my fault. I'm sorry, but that's just not going to cut it any more.

I'm going to try being kind instead.  
Won't that be a revelation!

**Rev Tori Venmore-Rowland**



Hi, my name is Yvonne. I have lived in Hockering for 12 years. I studied medicine and trained as a medical doctor in the Ukraine, I have over 30 years experience in healthcare. My interest progressed to alternative and complementary medicine and I qualified to practice Homeopathy in the UK. I am a Licentiate of the Homeopathic College of East Anglia and an accredited member of the Society of Homeopaths and a registered member of the General Hypnotherapy Standards Council. My professional medical knowledge and years of medical practice as a Medical Doctor gives me an advantage when it comes to analyse results of blood tests and other medical investigations

### What Is Homeopathy?

Homeopathy is founded on the principle of assisting the body in its own adaptive and healing response to illness.

Like an inoculation, homeopathic medicine activates the body's own defence mechanism and stimulates the immune system to action.

Although the origin of homeopathic principles dates back to the Ancient times of Hippocrates (460-377BC), its popularity nowadays goes back no further than about 200 years. It was 'rediscovered' by Doctor Samuel Hahnemann in the end of 18<sup>th</sup> century.

Prescribing the right homeopathic remedy takes more time and patience than conventional medicine. Exactly the right remedy needs to be taken for your symptoms and circumstances.

### Why Use Homeopathy?

Homeopathy has become one of the most widely used systems of medicine in the world.

It is a complete system of medicine that treats mental, emotional and physical illness.

More and more people are discovering the benefits of a system of medicine that is safe, effective and treats them as unique individuals.

Several factors made it successful:

**Effectiveness.** When the correct remedy is taken, results can be rapid, complete and permanent.

**Safety.** Because of the minimal doses, even babies and pregnant women can use it without the danger of side effects. Homeopathic remedies can also be taken alongside other medication without producing unwanted side effects. Additionally, Homeopathic remedies are not addictive or habit forming - once relief is felt, you should stop taking them.

**Natural.** Homeopathic remedies are normally based on natural ingredients.

**Harmonious.** Homeopathy works in harmony with your immune system, unlike some conventional medicines which suppress the immune system.

**Holistic.** Homeopathy treats all the symptoms as one, which in practical terms means that it addresses the cause, not the symptoms.

## Ask Yvonne

### Q. My son has verrucas, can homeopathy help?

**A.** Verruca is the result of Papilloma virus of the skin. It also can get worse from stress and emotional factors, so need to use a holistic approach in treatment. In childhood, where there is an intensive growth and development very useful can be Homeopathic Remedies from Calcarea group- Calc Carb, Calc Phos, Calc Fluor. Also using remedies as Silica and Sulphur can be very effective.

### Q. I suffer with anxiety and low mood, could homeopathy help?

**A.** Anxiety is a normal response to a stress. However when it happens out of place or out of proportion, it becomes a disorder. In your case anxiety leads to low moods. First look into your diet and be sure you have foods rich in vitamins group B and vitamin D. Low level of energy can be improved using Homeopathic remedies such as Kali Phos, Ac Phos. If you feel sad and can not regulate your emotions well - Ignatia can help to lift your mood. If you feel irritable and discontent - there is Staphysagria for you to help. For every anxiety disorder it is possible to find the remedy, which can help to remain balanced and content.

### Q. I have joint pains, what can you recommend?

**A.** Joint pains refers to feeling of discomfort and uneasiness along with the pain in any joint of the body. Causes can be different- injury, arthritis, infection, overuse of joint, dislocation, etc. Depending on what is the cause - there are Homeopathic Remedies which can be successfully used. Remedy Ruta- used for overuse and strain, Bryonia and Calc Carb- for arthritis, Arnica- for injuries, Apis and Rhus Tox -for infections, Benzoic Acid for gout and Hypericum -for rheumatoid arthritis. There are many others homeopathic remedies which can be used, depending on a whole symptoms picture.

### Is Homeopathy a good choice for you?

Homeopathy is treating the body as a whole system, which means treating the mind, body, spirit  
It works in a gentle and non-invasive way, treatment is specially developed to match your unique body and mind symptoms

It supports and promotes natural way of healing, bringing body functions and metabolism into balance

It helps to boost your energy and immune response

It allows you to be in "tune" with your body and supports you through the stages of life

It helps you to overcome emotional issues and addictive habits

Simply brings you quality of life and enjoyment back!

### Homeopathy for all.

Homeopathic medicines when prescribed appropriately:

Are safe, non-toxic and non-addictive.

Can be taken alongside drugs prescribed by your doctor and will not interfere with their beneficial action.

As your condition improves, you may be able to safely reduce your conventional medication, and avoid the unwanted effects that sometimes accompany the long-term use of drugs.

If you have any questions or would like to know more, please visit my website:  
[www.yvonespractice.com](http://www.yvonespractice.com)

Note: you should always consult with your GP before making changes to your conventional medication.



# SPOTLIGHT ON HOCKERING

# Janette's COMPANIONSHIP SERVICES

Hi, I am Janette, I have lived in Hockering for 11 years. I am very much a family person, spending lots of time with my husband and my family, I have 4 children, 3 step children and 10 grandchildren. In my spare time I enjoy sewing, gardening and caravanning.

My career has been varied. I have been a carer within a Nursing Home provision, a Registered Childminder and a Social Tutor for Adults with Sensory loss; both hearing and sight impaired.



I also have personal experience of being a carer for my own Mother who had Dementia, so I have felt the heartache and challenges this brings to families.

I started my business from scratch approx 7 years ago when I realised there was a gap in the market for this type of service. Janette's Companionship Services focusses on SOCIAL and MENTAL WELL-BEING for older people living on their own and with DEMENTIA and ALZHEIMER'S. Frequently the priority focus is on physical aspects of the conditions. Other important areas, like emotional and psychological challenges become secondary.



Our service now covers a large area of Norfolk and the outskirts of Suffolk - Norwich, Dereham, Wymondham, Attleborough, Thetford, Brandon, Swaffham and all the villages inbetween

I absolutely love my job, the best part of my job is making a difference to people's lives, the aim of my service is to prevent loneliness, promote social and mental well-being and maintain independence. I have a wonderful team of 6 staff who help me - together we do everything apart from personal care. We can prompt medication but cannot administer it. Every day is different, we take people shopping, help them in the home, assist with paperwork and bills, find services if required i.e. plumbers, gardeners etc. Encourage clients to join in appropriate social groups, we go along with them and stay with them. Arts and crafts, cooking, taking clients to hairdressers, doctors appointments, dentists etc, we support as many local small businesses and groups as we are able.



We have 'Themed Weeks' throughout the year which we change every 2 weeks and we have a topic that we focus on: January was TRADITIONS - which included Burns Night 25th January 2024 and Time to Talk Day 1st February 2024.

February was VALENTINES - Chinese New Year 10th February, Shrove Tuesday 13th February 2024 KINDNESS - Random Acts of Kindness Day 17th February 2024, Emotional Health Day 26th February 2024

We also take our lunch and have this with clients as some of them don't eat very well and need encouragement - it's very sociable to eat together.

I also visit residents in care homes and those who have no families. I work for several local Solicitors who have clients in need of help, Social Services, and am recommended by Age UK and the Alzheimers Society.

All our Companions are enhance DBS checked and fully insured. I have Public Liability Insurance and Employer's Liability Insurance, all our cars have



business insurance on them. In addition we do the following 10 core mandatory training through NACAS (National Association of Care and Support Workers with whom we are a member.)

Dementia Awareness England

Person Centred Care

Safeguarding Adults at Risk

Health & Safety

Emergency First Aid

Basic Life Support

Fire Safety Awareness

Infection Control Awareness

Basic Food Hygiene

COVID 19 Awareness & Prevention

We have lots of further training available to us and most of us have had personal experience of dementia though care of a family member.

I offer a 'meet and greet service' which is free of charge and no obligation, I go along and meet clients, have a chat about my service so they are able to put a face to a name and ask any questions they may have. I also offer a month's trial period which is a paid month but there is no contract during this time, just to see if the service will be of benefit.

If you are on the internet you can see more of what we do on my Facebook page and you can see the staff on my website - links as below.

## Contact details:-

Telephone: Janette 07851591078

E-mail: [janettecares@mail.com](mailto:janettecares@mail.com)

[janettescompanionshipservice.co.uk](http://janettescompanionshipservice.co.uk)





What a fantastic few months for the club. We now have almost 30 children training on a Tuesday evening with our under 6s and 7s. This has given us the opportunity to start a brand new venture for the club 'Hockering FC Super 6s'.

Our Super 6 Football is for children in School Year 1. The Super 6 is a fantastic way to get your little superstar involved in Football. Hockering's Super 6 Football sessions are based at Dereham Hockey Club every Tuesday evening from 6:30pm to 7:30pm. Your first 3 sessions are free and then it's just £15 until the end of May. The Annual subscription is then £30 which covers all training and matches between June and September, Children then progressing to our Under 7 teams will then follow the usual club subscription of £20 a month which includes kit hire, training, and matches. Super 6's gives your superstar time to develop the fundamental skills in a fun and supportive environment. There are no goalkeepers, Pitches are smaller and teams are made up of 3 players. This increases ball contact time, dribbling, shots, tackles, and passes. Starting in April, the players will come together on a Saturday to take part in 3v3 events at Hockering. Teams will be formed and over six weeks the teams will play in a round-robin format putting their newly acquired skills to use. We aim to develop the very best young footballers in the area and allow them to showcase their skills and develop friendships. In April we will then open this up to reception aged children as we guide them through the summer into their new teams.

In addition to Super 6 we are continuing to recruit new players and coaches at Under 8s, 9s, 10s and 11s with a view to increasing our offering at these age groups.

Our Ladies at the time of writing are having a great season currently sat 2nd in the league in their first season, keep an eye on our Instagram and Facebook pages for regular fixture updates.



The Men have just progressed to the Norfolk County FA Primary Cup final. Beating teams from Fakenham, Stoke Holy Cross, Dersingham and Sprowston on route to the FDC Final. To finish in the last 2 is achievement in itself and there is the possibility of being crowned the best District League Team in the county! Again there are always update on Instagram and Facebook as well as the website

Hockering FC is proud to provide affordable access to football for over 150 young footballers across 9 age groups, but we think we can do more.

For the 2024/25 we will be offering a sibling discount to qualifying families who are in receipt of free school meals. This discount will provide a 50% reduction in monthly fees for every subsequent sibling signed after an initial full payment option is set up for the 1st child.

And it doesn't stop there, we would also like to work with local businesses in providing sponsored access to football for families on low incomes.

Open to new players joining the club in our under-6 group these sponsored registrations would provide access to free training sessions for children in school year 1 (September 2024). We invite local businesses to contact us regarding this initiative via the website contact page [www.hockeringfc.com/contact](http://www.hockeringfc.com/contact)

Thanks, Derrick 'Jonno' Johnson (Hockering FC Chairman)

## EAST TUDDENHAM SPRING *Tractor* ROAD RUN

Leave at 10AM and return around lunch time for a drink in the bar, food will be available to buy. £10 per tractor to participate. Please no tractors newer than the year 2000, this is aimed at vintage/classic tractors only. Trailers welcome although please ensure these are covered by your individual insurance .

**East Tuddenham Village Hall**  
**10.00am on Sunday 21st April 2024**

