



HOCKERING

Life

WINTER 2023 EDITION

In This Issue - Hockering in Bloom - Village Celebrity Couple
- Meet Your Local Reverend - Chainsaw Weilding Artist Plus much more



Editors Comments

It is with mixed feelings that I welcome you to the winter edition of Hockering Life. Mixed because I am excited to have been asked by the Parish Council to step up and produce the village magazine, but sad also because Richard and Penny Hawker have decided that the time has come to take a step back.

Richard and Penny have been involved with the village magazine in its many forms for very many years and kept it going when there was very little support. It has been a huge amount of work and I'd like to take this opportunity to thank them both for everything they have done.

So what has Hockering Life got in store for you? Following the positive response to our inaugural summer issue I'm thrilled to say that a new team of contributors have come forwards with a range of regularly feature ideas. We held our first editorial meeting at The Victoria Pub, where we discussed content and ideas. This will be our regular meeting place going forwards, if you are interested in contributing or helping with the magazine content or distribution please send me an email.

Hopefully there is a little something for everyone within our pages but If you have any feedback or ideas for future issues please get in touch either via the Hockering Facebook Page or via email.

Pippa Cocker

Editor .

Pippa.cocker@gmail.com

07809001876

Contributors:

Mark Sedgwick, Tom Bassett, Victoria Venmore-Rowland, Marie Tuttle, Georgina Peto, Abi Gray and the Friends of Hockering Primary School , Elizabeth Palmer, Lynn Parker, Richard Hawker, George Leslie, Derrick 'Jonno' Johnson and Jonty Blackwell



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CALL FOR ARTICLES

This is YOUR magazine

Have you anything interesting to say?
A story to tell?
A moan to get off your chest?!

We are **ALWAYS** pleased to have contributions to publish.
DON'T BE SHY
Put pen to paper, or finger to keyboard and send us something for the next issue

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 & Page 11 Mark Sedgwick - Page 4 Pippa Cocker / Jonty Blackwell - Pages 6 & 7 Pippa / Mark Cocker - Page 9 Friends of Hockering Primary School Page 11 Tori Venmore-Rowland - Page 12 Tom Basset - Page 13 Liz Palmer—Pages 15 Hockering FC

Thoughts FROM THE CHAIR



As we move toward the end of the year, the Hockering Parish Council would like to thank people in the village for their community spirit.

Hockering Quarterly News/Hockering Life Magazine – Firstly, to all the people who have been part of the HQN Editorial committee over the years. Your dedication and efforts have helped keep Hockering informed and entertained for many years. Richard and Penny Hawker took a step back in the summer and Pippa Cocker kindly produced the summer edition.

The Parish Council are delighted that Pippa Cocker has agreed to take on the lead role in the production of future editions of the village magazine. Pippa is heading up a brand-new team to produce Hockering Life. This is your village magazine so please submit any suggestions and ideas for future issues.

Village Planters - We would like to thank all those people who have helped with the village planters. Whether you have provided plants, watered, or weeded them, or decorated the planters, all your efforts are greatly appreciated. It's great to see a community coming together.

Village Clean Up - Hockering Parish Council would also like to thank all those who helped us with the summer village cleanup on Sunday 1st October. Between us, we managed to fill over a dozen rubbish bags and clear the brook from the footbridge up to the end of the playground. A great result for just two hours work. We'll be looking to repeating the event early next year.

Monthly Bingo - We thank Brian and Janette Higgins for organising the monthly Bingo evenings and pumpkin competitions. Thanks to everyone who has contributed to these fun evenings providing raffle prizes, delicious cakes, setting up and clearing down or just by being there. Thanks to your participation over the last two years, we have raised over

£500 which will be used to fund future Bingo nights and other village events such as the pumpkin and easter egg trail competition.

Talking of which, the HPC are looking to organise a fete day next Summer, if you have any ideas for what could be included, we would love to hear from you.

And just a few final thankyou's: To my fellow Parish Councillors and our Clerk for all their efforts throughout the year. To those people who organise events or volunteer their time in the village. To everyone who helps to keep our village looking nice through the cutting of communal grass verges and generally looking after the village. All your contributions are much appreciated. The Parish Council is looking forward to working with you all again in 2024.

The Parish Council would like to wish everyone all the best for the festive celebrations and wish you a Happy New Year.

Best regards,

Jonty Blackwell

Chair Hockering Parish Council

Parish Council Meetings Dates

Tuesday 8th August
Tuesday 12th September - Tuesday 10th October
Tuesday 14th November - Tuesday 12th December

*Held at the Village Hall from 1900hrs
(unless otherwise stated)*



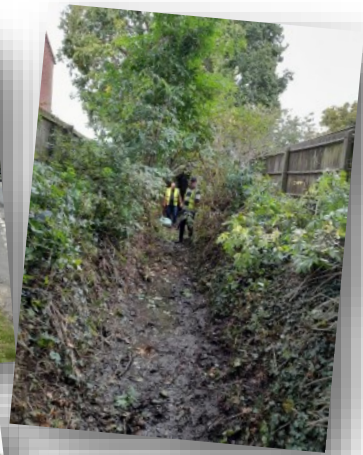
**For All Agendas & Minutes Visit
<https://www.hockeringpc.info/minutes-agendas>**

What Has Your Parish Council Been Doing?

Village Litter Pick on the 1st October



The first organised village litter pick took place on Sunday 1st October. The Parish Council arranged for equipment to be supplied on loan from Breckland Council including gloves, grabbers, bag holders and high visibility vests. Following a call for volunteers via Facebook and posters in the village notice boards, our team of volunteers took a coordinated approach to clearing the verges, beck, streets and playing field. Refreshments were supplied by the Parish Council at the Village Hall following the event. Thank you to all volunteers who gave up their time to help keep our village clean and tidy.



Working groups – Volunteers Needed!

The Parish Council are looking to initiate a number of improvements across the village in the coming year and we need your help to make sure we deliver what the village really wants. If you would like to have your say or contribute in anyway to the following working parties then please get in contact with the Parish Council on hockeringparishcouncil@gmail.com

Developing our Neighbourhood Plan

This is a document that sets out planning policies for the neighbourhood area. Planning policies are used to decide whether to approve planning applications.

Developing the play facilities in the village

It has been identified that there is a gap in our facilities for the youth of the village. Therefore it is proposed that the tennis court area of the playing field is redeveloped in conjunction with the Playing Field Association. The working party will investigate the costs associated with developing this area to cater for this demographic, suggestions so far include outdoor gym equipment, trim trail, skate park and astro turf pitch.

Setting up a Village Youth Club

Volunteers have come forward to set up a youth club. The Parish Council would like a proposal putting forward covering the plans for how the youth club will be run, by whom and where so that they can consider funding options.



PUMPKIN COMPETITION

The Parish Council judges had great fun voting on the Pumpkin competition entries, well done to everyone that took part but especially our winners:



Dangerous Parking in the Village

And finally, following further complaints from residents regarding inconsiderate and dangerous parking in the village the Parish Council are in ongoing discussions with Hockering Primary School, Norfolk Constabulary and Norfolk County Council regarding the concerns and possible solutions.

The Traffic Management Officer (TMO) for Norfolk Constabulary reviewed the photos supplied by the Parish Council and stated the following: "I am shocked by the state of the parking in the photographs and I don't think I've seen anything so bad on my travels around the county."

As a result of this the TMO notified the local safer neighbourhood Sergeant who we are hoping will arrange a visit from the beat manager to the area to offer some education and enforcement. In the mean time the TMO recommended that concerned residents take photographic evidence of the parking

infringements and report directly to Norfolk Police on 101.

The Parish Council understand that parking is difficult in the village, however we would like to take this opportunity to remind residents of the following parts of Rule 243 of the highway code which are directly applicable to photographic evidence seen by the Parish Council, Hockering Primary School, Norfolk Constabulary and Norfolk County Council:

This issue will be discussed again at the next Parish Council meeting on 14th November where we will consider the options put forwards by Norfolk Constabulary and Norfolk County Council including the need for zig-zag lines, box junctions, double yellows, solid white lines or alternatively a Traffic Enforcement Order.

Rule 243

DO NOT stop or park:

- near a school entrance
- anywhere you would prevent access for Emergency Services
- opposite or within 10 metres (32 feet) 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

UPDATE FROM THE



The village hall continues to host a variety of regular and one-off events. These include Ryta's very popular yoga sessions on Wednesday evenings, Kung-Fu on Fridays; and Coffee and Chat welcomes everyone on Wednesday mornings. We are very pleased that the school is making use of the hall. The Parish Council holds its meetings in the hall, usually every month.

We have had a re-think regarding the kitchen, and elected for a less ambitious refurbishment than planned earlier. A first step will be to install a microwave oven. More urgent has been the renewal of the kitchen fire exit doors, which should take place soon. Other renovations, such as the oil tank cage and proposed installation of porous matting on part of the field, have been put on hold until into the new year, when we hope for better weather. Finances are healthy and bookings are regular, and we have welcomed new members, Marie Tuttle and Georgie Peto, onto the committee.

Minutes and agendas of all meetings are posted on the notice board.

To contact the Village Hall ring 880157 and speak to George.

Richard Hawker - Trustee

What's On...

November

- Yoga 6.30 to 7.30 15th
- Kung fu 7.30 to 9.30 17th, 24th
- Bingo 7.00 to 9.00 27th
- Community Cafe 10.00 to noon 22nd

December

- Yoga 6.30 to 7.30 6th, 13th
- Kung fu 7.30 to 9.30 1st 8th, 15th
- Coffee morning 10.00 to noon 2nd
- Parish Council 7.30 12th
- Bingo 7.00 to 9.00 18th
- Community Cafe 10 to noon 13th, 20th

Various other activities not open to general public

2024, regular bookings have not confirmed for next year yet



THE *Victoria* PUBLIC HOUSE

The Victoria celebrates feature in the Good Beer Guide 2024

Local landlords, Sue and Carsten, are celebrating after receiving the news that The Victoria Pub has been selected to feature in the CAMRA Good Beer Guide 2024.

This is a great achievement, especially as this is an award voted for by CAMRA members and it's not easy to get into the guide. The Guide surveys 4,500 of the best pubs across the UK. The selection process is rigorous and highlights the very best standards of the pub, the staff and of course the quality of real ale. This is the third time that Carsten has managed a pub that has been selected to feature in the Good Beer Guide – a fantastic achievement.

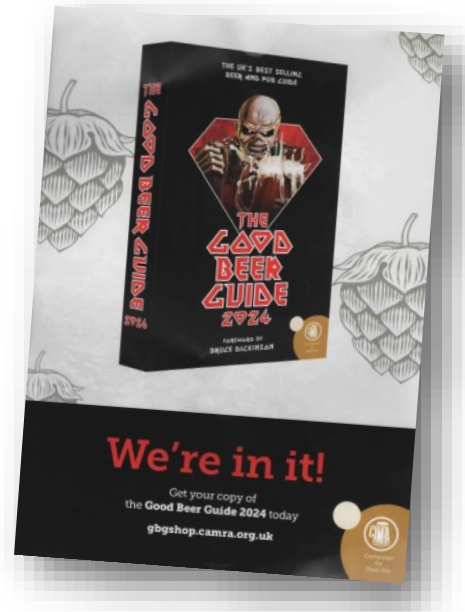
To be selected for the Good Beer Guide CAMRA members score each pub using the The National Beer Scoring System (NBSS).

This easy to use system has been designed to assist CAMRA branches in selecting pubs for the Good Beer Guide and also monitor beer quality by encouraging CAMRA members from any part of the world to report beer quality on any pub in the UK.

The Good Beer Guide is the UK's best-selling beer and pub guide and is the definitive beer drinker's guide for those seeking the best pints in the nation's pubs. The 2024 edition is the 51st edition with a striking cover and a foreword supplied by Iron Maiden's Bruce Dickinson.

Dickinson's foreword shines a spotlight on the cultural tradition of pubs within the United Kingdom, the importance of protecting the heritage, charm and welcoming nature of pubs and clubs, and not taking them for granted.

The Good Beer Guide helps beer lovers take a barometer of the local beer scene, and this year's Guide tells the story of an industry under threat, as although the Guide records 82 new breweries, 142 have closed. This net loss of 60 breweries is a worrying reminder that a lack of support from the Government means dire consequences for local businesses, in the wake of a cost-of-business crisis and the constant pressure of energy bills.



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. October saw the restart of the very popular pub quiz, hosted by Tom. The winning team can be seen here along with the losing team (you decide who is who) – well done to every who took part, it was a great night enjoyed by all.

The Victoria is proud to support Hockering Primary School and is hosting a pub quiz on the 14th December – £2 per person, per entry, teams of up to 5, book your table in advance. Raffle and games during the event.



Regular Entertainment

Open Mic with Lee Vasey
First Friday of the Month

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

FOR BOOKINGS CALL
01603 880507

OPENING TIMES - 1600pm Tuesday to Thursday - 1200pm Saturday and Sunday

Macmillan Coffee Morning BRINGS HOCKERING TOGETHER

Most of you will know Stephen and Sarah. They are regulars at the Victoria Pub and enjoy walks every day around the village.



Stephen has lived with his carers since 2002 and in Hockering since 2015 and Sarah joined the family in 2021. The two of them are now best friends and do everything together, supported by their carers.

Stephen has always been a very keen charity supporter, but even more so since one of his carers had cancer in 2021. Earlier this year Stephen decided that he really wanted to raise more money to support MacMillan and he came up with the idea of hosting a coffee morning.

With help from across the village, Stephen and Sarah organised a hugely successful coffee morning at the Victoria Pub. The pub landlords, Sue and Carsten, opened the pub specially for the coffee morning and they were overwhelmed by the support the village showed for the event.

Stephen and Sarah are thrilled to announce that they raised a fantastic

£667.96 and would love to host another coffee morning next year.

Stephen and Sarah's carers said "it was so moving to see the community come together to support them, everything we do to help our guys is with the aim of giving them as independent a life as possible, and the village coming together like it did made such a difference to them - it was amazing."

Shared lives schemes, such as the one that Stephen and Sarah are part of, support adults with learning disabilities, mental health problems or other needs that make it harder for them to live on their own.

The schemes match someone who needs care with an approved carer. The carer shares their family and community life, and gives care and support to the person with care needs.



Lynn's CRAFT CORNER



Lynn is a keen crafter and regular at the Community Cafe at the village hall. Lynn is hoping to integrate her love of crafts with the Community Cafe and has offered to produce a regular feature for Hockering Life on her favourite crafts. If you are interested why not pop along to the next Community Cafe and say hello — there may even be some examples on display.

Macrame is a method of creating textiles without using machines, hooks and needles and despite its Arabic origin, macrame is seen in Assyrian and Babylonian cave paintings, where the evidence of macrame style knots are seen adorning clothing.

In the 18th and 19th centuries, the art became popular with sailors and the art of making and using knots was an essential skill for seamen during the Great Age of Sail, keeping them occupied during long voyages at sea. Bell fringes, still seen on many ships bells today, as well as hammocks and belts, were items produced at sea as well as smaller items that were sold on arrival in ports, thus helping to spread the interest in this craft around the world.

Over time the craft fell into decline but was reintroduced in the 1960's and 70's. Indeed, I remember making myself a lanyard when I was in the Girl Guides. Today, macrame is used for a vast array of projects including jewellery, plant hangers, garments and wall hangings. Various materials are used in different thicknesses including jute, hemp, cotton, twine, nylon and polyester fibres in a rainbow of colours. The same basic knots, used by the sailors are still used today but with some modifications to create beautiful works of art. Have a look for yourselves on Youtube and Pinterest, you'll be amazed as the diversity that this craft offers, I'm hooked, and, who knows, you might like to have a go yourselves.





Friends OF HOCKERING PRIMARY SCHOOL

Hello from the Friends of Hockering Primary School!

Our charity was formed in April 2023 by a small group of parents who wanted to raise funds and support our lovely school. Since then, we've had a very busy schedule, with small events like cake sales and discos combining with our first ever large-scale event: a village fete in August – a hugely successful day which saw us raise just over £1580.00! Thank you so much to everyone that came and supported us.

We are currently part of the Tesco Blue Token Scheme: every time you shop in the Dereham store you can place a blue token into the counter box near the exit to help us try and win £1500.00 for new sports equipment! This runs until mid-January so please do pop in a token whenever you go.

We are also organising a second-hand clothing collection on Thursday 23rd November. Run by the Bag2School scheme, unwanted clothing can be put into bin liners and deposited in the porch of the village hall between 8-9pm on Wednesday 22nd or between 6-9am on Thursday 23rd. When these are collected, the school will receive funds based on the total weight of donated items, so please do take this chance to gain some wardrobe space as well as support the school!

With the funds raised so far, we have been able to purchase a new laptop and cover the costs of the Year 6 Leavers School Trip at the end of last term, and our longer-term goals include providing a new outdoor learning space and creating a useable "nature area" in the school grounds.

If you want to know more about us or want to support us in any way, please do get in touch either find us on Facebook using the QR code. Or email us



friendsofhockeringschool@gmail.com



Second-hand clothing wanted!

Free up some space this winter and donate your unwanted clothes to the bag2school scheme, raising money for Hockering Primary School

<p>YES</p> <ul style="list-style-type: none"> Clothes Hats/Belts/Ties Paired Shoes Soft Toys Towels Bed linens Handbags Household Curtains 	<p>NO</p> <ul style="list-style-type: none"> School Uniforms Corporate Workwear Soiled/Damaged Items Carpets/Rugs/Mats Pillows/Cushions Textile Cutoffs/Yarn Duvets/Blankets
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Bring your sealed bin bags to Hockering Village Hall on Wednesday 22nd November between 8-9pm, or Thursday 23rd November between 6-9am

Friends of Hockering School will receive around £0.50/kilo donated. Clothes can be donated in any bin bag, not just the bag2school branded bags. For more information on the scheme, contact us at friendsofhockeringschool@gmail.com or via Facebook

PLEASE JOIN US FOR A FESTIVE AND FUN-FILLED

CHRISTMAS QUIZ

RAISING MONEY TO SUPPORT HOCKERING PRIMARY SCHOOL

THURSDAY 14TH DECEMBER 2023
8PM
THE VICTORIA PUB, HOCKERING

£2 per person, pay on entry. Teams of up to 5. Book your table by calling the pub on 01603 880507.

1st, 2nd and 3rd place prizes
Raffle and games during the event

History OF HOCKERING - Through the Ages

The earliest record of Hockering is listed in the Domesday Book in 1086 as a result of the Norman Conquest of England by William the Conqueror

The Normans who arrived with an army in 1066 were military invaders. William the Conqueror claimed he was the rightful King of England, and after the Battle of Hastings in 1066, he took control of England by force, becoming its ruler. William had promised all Norman nobles who joined the invasion that they could have land which was then seized from Anglo-Danish owners.

William controlled England by means of a series of connected measures. He built castles on high points with a view over towns and countryside, and with living quarters for troops. He imposed strict systems of justice and taxation and, to help him collect taxes, organised a survey of all the



land and property in the kingdom. This was recorded in the Domesday Book.

William also imposed the feudal system. This was a form of organisation and control in which everyone had their place. He also made sure that people close to him were in charge of the Church.

Hockering (Hokelinka) entry in the Domesday Book

Tenant-in-chief in 1086: Ralph of Beaufour. Previously held by Sigar, a free man <of Hockering> before 1066.

Households comprised of 3 villagers, 23 smallholders, 4 slaves.

Land and resources: Ploughland - 5 lord's plough teams. 5 men's plough teams.

Other resources: Meadow 15 acres. Woodland, 200 pigs. 1.5 mills.

Livestock in 1086: 9 cattle. 33 pigs. 113 sheep.

Phillimore reference: Norfolk 20,14

Ref.: opendomesday.org by Anna Powell-Smith Domesday data created by Professor J.J.N. Palmer and team.



Over the next few issues local historical enthusiasts, Marie Tuttle and Gerogina Peto, will be investigating the origins and history of our village.

If you have anything that you think would be of interest and you would like to contribute please get in touch with the editor: pippa.cocker@gmail.com.

Coming spring 2024 — The history of Hockering Woods.

“Between the *light* and the *dark* . . . well, sometimes that's where you had to be.”

Light. I've been thinking a lot about light recently. Not least because, as I'm writing this, the clocks have just changed and it's Halloween season (at least, according to Tesco). I'm suddenly very aware of the nights drawing in, and know that soon it will be dark for both the school runs. Getting them up in the morning is already hard enough, without that added extra!

I was out for a walk yesterday and this quote came up in my audiobook. There's a small reward for anyone who recognises it and can tell me where it's from. “Between the *light* and the *dark* . . . well, sometimes that's where you had to be.” Light, as well as darkness, is a natural part of life. Years ago, maybe people would have winter as a season of quietness, of drawing in and taking stock while the night prevented them working.

Guess that's changed these days, now that we have lightbulbs and can work from home. All good things, of course, but perhaps a little unnatural. There is something about darkness that inspires us to hide away

Humans always have some part of us that fears the dark: an inner, primal part that knows that darkness is where the wolves lurk. Where the monsters can hide. Light is a relief to our little animal brains, it means safety and company.

The Bible talks a lot about light. Jesus is described as being the 'light of the world'. It's a bit of a strange phrase, when you think about it (which I do, I suppose, it's literally my job) That doesn't mean that we can sit around in the darkness being smug because we have Jesus with us and it's all fine. In the next paragraph Jesus then describes his disciples being lights too.

Eventually, Jesus dies (spoiler?), and at that point his followers could have let their little lights wane and sputter out. They could



have hidden in together and let their flames give each other warmth and light. They didn't, otherwise I would have a very different job.

Despite everything they faced, they went out. They took their lights, and went into the darkness. Because if you want to spread the light you have to take it into dark places. They did this by acts of kindness, charity, helping those in need. Taking the light out to others can be simple. It can be as small as a smile, or a cup of tea. A little thing, done with great love, can spread light and warmth a good long way.



Welcome To Hockering

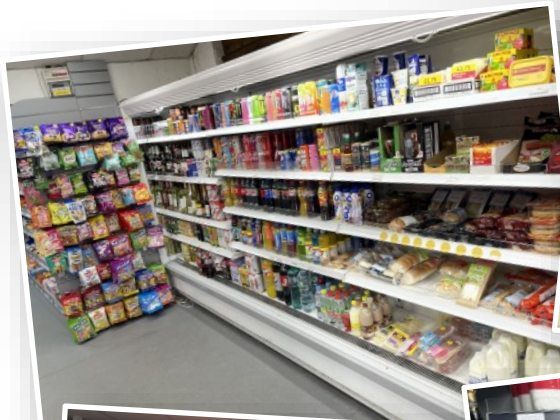
VENNILA & MANOJ

We were thrilled when Hockering Shop re-opened its doors in August, under new management and after an extensive refit. Vennila and Manoj moved to our area from Kent, they are experienced shop owners and are excited about being in Hockering – I'm sure we have all helped to make them feel welcome since they arrived. They have been married for six years and have a four year old daughter who regularly helps her parents in the shop.

Hockering Shop is open 6.30am to 9pm Monday to Sunday. Their services include; lottery, printing, scanning, faxing, pay point, hot coffee, stamps and you can order papers for collection. In addition Hockering Shop is now a delivery point for Amazon.

Vennila and Manoj are hoping that in time they will be able to re-open the post office and they are actively seeking a diesel supplier.

The shop boasts a wide range of alcohol, magazines, frozen food, household goods and pet supplies along with everyday essentials such bread, milk, eggs, fruit and vegetables.





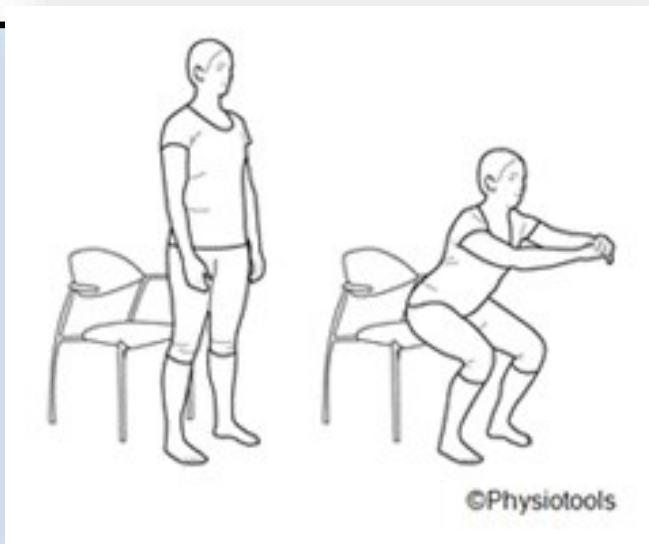
Park Physiotherapy—with Liz Palmer

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.

Want to improve your leg strength? - Worried about how to do this safely? - Try these exercises.....



Chair Squat

Stand tall in front of a chair with your feet apart and pointing forwards. Make sure your feet and knees are lined up and stay lined up throughout the movement. - don't let the knees move in! Relax your head and neck, draw in your pelvic floor and lower abdominal muscles - to a gentle hold.

SLOWLY Squat down as if you were sitting down (push pelvis back). Keep your feet and knees lined up and stay lined up throughout the movement. - don't let the knees move in! Then stand back up. Stand up by pushing through your feet and legs - **DON'T** lift up with your back and shoulders. keep your head and neck relaxed throughout the movement.

How many can you do in 1 minute? then in 2 minutes....

Note: Keep hips, knees and toes aligned throughout the movement

Start with 15 repetitions 3 times daily.

Progress to: Repeat for 1 - 2 minutes 2 x daily!

When you can do 2 mins easily, increase to 3 etc.

For Improving Leg Strength and Balance

Take your weight fully on one leg, make sure your knee and hip are steady
Lift the other foot up on to the step with A LIGHT TOUCH
Then return back to the start position. Move slowly and steadily and make sure you have good balance before moving
Repeat with the other leg
Repeat 5 - 15 step ups. with each leg

OR

Step Up
Start by standing behind a step and lift one leg onto the step. Step up and straighten your hip and knee. Maintain hip-knee-toes alignment. Return to the starting position. Repeat 5 - 15 times.

OR

Step up and down 10 times with one leg leading then repeat with the other leg leading. continue with this for up to 1 min; 1 - 2 x daily or gradually work up to 100 - 1 x daily



www.parkphysiotherapy.co.uk



DEREHAM WALKERS ARE WELCOME

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 2023 as well as trialling walks of just two miles for those just beginning their walking experience. For up-to-date information, please check our website www.derehamwaw.org.uk email Ken Hawkins: ken-hawkins@tiscali.co.uk - or call him on 07505 426750

Dereham Walkers are Welcome is a not for profit organisation

LINK ASSOCIATION

Mattishall Dementia Support Group

I have been co-ordinator for The Link, which is Mattishall Dementia Support Group, for around 18 months now, and, generally speaking, it runs pretty well, session on session, much the same as it did from its inception in 2018, with a few minor tweaks and changes.

We hold lots of information, have a thriving separate carers group, promote the use of individual playlists and memory boxes to help in those distressed times. We have quizzes, word searches, puzzles to do as well as singalongs and this suits our membership. Also, we had a very successful time at the coronation Fayre.

But what of other people with dementia, who don't find a group like ours useful?

I and other volunteers went recently to the Norfolk and Norwich University Hospital to the first Dementia Fayre they had been able to organise since covid. One of the presentations was from Dirck Geary, an ex rugby player, who has early-onset dementia, and talked about his life - his golf, his driving, his decision-making. He shared that, along with Norfolk and Waveney Dementia Support Services, he has set up a Support Group in North Norfolk for people recently diagnosed with dementia. As he said, such people have different needs which are not filled by a 6 piece puzzle! They need to talk, share ideas and solutions to problems of living with the brain disease dementia.

So what of recently diagnosed people in Mattishall? Or those with dementia that do not have carers? Where do they go, to lessen their worst fears about their maybe occasional symptoms and progressive diagnosis? I do not know. If you are recently diagnosed and would like to meet with others fairly locally, please get touch and I will do what I can to facilitate it.

The Link is held every 1st and 3rd Tuesday at Mattishall Methodist church, 10 am -12 noon.

Lin Thompson. Tel 0776 957 3499 Linthompson49@gmail.com

DEREHAM MEN'S SHED



COMMUNITY ACTIVITY GROUP FOR MEN

Dereham Men's Shed is a community group where men can enjoy activities similar to those they might do in a garden shed, only in the company of others. Members can create and learn new skills or simply chat and make new friends over a cuppa.

Dereham Men's Shed is based at Dereham Theatre Company's building on Norwich Street, Dereham. We have our own well-equipped workshop for our members to use and we have use of the kitchen where we can chat away to our heart's content! We also have access to an upstairs room where the atmosphere is rather quieter. In April 2023 we received a grant from Morrison's Foundation to construct a ramp to help improve access to the building.

We get up to all sorts of different activities and it is not just about the workshop. We regularly help local charity organisations with gardening, decorating and simple construction work. Our members can also join us on days out to local attractions and other places of interest, such as Fransham Forge and the City of Norwich Aviation Museum.

In the workshop we are able to construct items to aid the local community. For example, we have constructed a bar for a local care home and bird boxes for a local surgery. Members can often be found crafting away to make a variety of things to sell at fairs and other events.

If you would like to know more then we would love to see you on a Wednesday afternoon and answer any questions you may have.



www.derehammensshed.org.uk



Hockering FOOTBALL CLUB

The men's team have had a mixed bag of results with some real shockers along the way. That said at the time of writing we are still in all three cup competitions and still in with a very strong chance of promotion to Division 1!

The Ladies really are going from strength to strength. Having only officially formed in the summer we haven't active number of players pushing for places in a very competitive squad. Promotion is a real target for the ladies in their first season!

Both the Under 15s and 16s have had mixed starts to the season picking up points where perhaps they shouldn't have and equally dropping them in places they should have got results.

The Under 14s have continue to apply themselves with many of the players experiencing their first ever season of football, and for some their first ever game!

The Kites are full of new faces and have improved massively over the summer and are a far more formidable team than the end of last season. Massive plaudits to the children and coaches!

It's onwards and upwards for the Wizards! After a hard-worked summer, learning and development is continuing to show, stamping their mark on the season so far. A recent change of fixtures, courtesy of the league, is a



challenge we as coaches are certain the team will tackle with the same impressive effort and determination, we see every week!

The Hawks are a combination of familiar teammates and new faces, all showing their desire to learn and improve each week. Game by game, growing as a team, everyone is working hard to build these efforts into their first league win. Similarly, new fixtures provide opportunities against new foes and games we are both excited and intrigued for.

The Buzzards and Wasps have both had great starts to the season in their respective groups. The Wasps with almost an entirely new team and the Buzzards improving week on week.

Our three under 8s teams are growing, the Thunder looking to compete with the best in the county whilst the Ravens and Starlings look to build with their new squads.

The Under 6s and 7s are growing rapidly, with over 25 players training weekly this group will be one to watch over the coming seasons!

Derrick 'Jonno' Johnson: Chairman Hockering FC



Our exciting foundation phase teams are recruiting across school years 1 to 3. If your son or daughter is looking to get involved and start their football journey then please get in touch via the website www.hockeringfc.com/contact.

We are still looking for local business to sponsor our teams. New kits last for 3 years and start for youth teams at £450. The adult kits are in the region of £800. We have a very active social media profile as well as a YouTube channel and website where we can help advertise your business. Many of our games are recorded and shared with opposition and on our socials so you really do get the coverage for your business.

For Everything
Hockering FC visit
www.hockeringfc.com



Safe at Home Scheme

District Direct in Breckland

Who we can help

Residents/adults living within the Breckland District area.

What we aim to do

Support residents to keep safe and well in their own home and prevent admission to hospital where possible.



The Safe at Home Team are offering support around falls prevention for over 70's. This can consist of advice or help in the home.

You can self-refer to the Welfare Team at Breckland Council to access the falls prevention service.

For further support at home, the team regularly carry out the following services:

- Advice and support with homelessness or housing issues
- Support with signposting and referrals to other services/agencies, such as Social Prescribing
- Property cleans/declutters
- Welfare and benefits
- Advice/support with pets being left in the property
- Advice/support regarding household utilities

- Furniture moves to accommodate equipment and/or downstairs living
- Arranging community pendant alarms/installation of key safes
- Accessing NAS for household essentials, such as white goods, furniture and bedding

We may be able to support in other ways too, if in doubt please get in touch so that we can consider the request or offer advice.

Who can make a referral

A referral can be made by any professional involved in the care and support of a resident.

To make a referral contact us on:

Monday - Friday 09:00 - 17:00
01508 508750

districtdirectbreckland@
southnorfolkandbroadland.gov.uk