**KETTLESTONE AND PENSTHORPE COVID-19 UPDATE 2**

[**https://kettlestoneparishcouncil.norfolkparishes.gov.uk**](https://kettlestoneparishcouncil.norfolkparishes.gov.uk) **kettlestonepc@googlemail.com**

**A big THANK YOU to everyone for staying safe, and to the village volunteers who have been helping out at this unprecedented time.**

**REMEMBER – STAY AT HOME, PROTECT THE NHS AND SAVE LIVES.** Only go outside for food, health reasons or work (where this absolutely cannot be done from home). If you go out, stay 2 metres away from other people. Wash your hands as soon as you get home. Do not meet others, even friends or family. Non-essential travel, including to second or holiday homes, is against government guidance. Anyone can spread the virus even if they don’t have symptoms.

**KETTLESTONE AND PENSTHORPE GOOD NEIGHBOURS** are here to help – call **0333 335 5239** to be connected to one of the village volunteers. They can help with collecting shopping, picking up medication, posting mail, online assistance, having a chat, arranging a buddy, etc. The line is open 9 am to 5 pm Monday to Friday; at other times please leave a message. Do please call if you are worried about something.

**E-MAIL UPDATES** – if possible please sign up to the village hall mailing list by contacting Ericabishop005@gmail.com to receive various updates by e-mail, instead of waiting to receive a paper update which has to be printed and hand-delivered. Or if you prefer you can sign up to the Parish Council list by emailing kettlestonepc@googlemail.com

**KETTLESTONE FOOD DELIVERY SERVICE –** the menu for Friday 24th April is:

* Vegetable curry and rice - £5 per portion or £9 for two
* Cauliflower and cumin soup - £7 for 2 large servings

Please contact Isla Kilpatrick by Tues pm 21st April to order– tel 07545 625 111 or email isla.fortheloveofgrub@gmail.com

**PLANT POTS –** thank you for the pots and supporting The Nurture Project; if you have any more 2 or 5 litre pots please leave them in the bus shelter or at the end of the drive to Kettlestone House (west).

**PLANTS** – Doreen has a selection of plants for sale outside 80 The Street, in aid of CATS charity. It is a tough time for charities so it is nice to be able to support local ones. This sale is not currently being advertised outside the parish in order to avoid people making non-essential journeys.

**A SHARING PANTRY** can be found in the church porch. Take what you need, give what you can. Plenty of goodies available! When the current crisis is over any items remaining will be donated to a food bank.

**OIL ORDERS** – AF-Affinity are taking syndicate orders for oil, but are not providing the bi-monthly bulk buying discount. The syndicate for Kettlestone and Pensthorpe is NR21 0 . Email enquiries@af-affinity.co.uk , adding your name, postcode, phone no. and details. Or call 01603 881888 between 10am and 4pm Mon-Fri. Remember to allow extra time for your delivery.

**CLAP FOR OUR CARERS** – don’t forget to join in with the village support for health care workers, emergency services, delivery drivers and the many other key workers on Thursdays at 8pm. And how about putting a sign outside your house thanking the postman, bin men, delivery drivers etc?

Don’t forget to look for **rainbows and teddy bears** in windows!

**DOGS** – it has been observed that there has been an increase in the amount of dog poo not being picked up, particularly in Holbrigg Lane. Please remember your poo bags!

**VE DAY 75TH ANNIVERSARY**

The village hall committee are collating VE day recollections in a booklet as a social event looks unlikely. If you have photographs of relatives who have served in the armed forces, home guard or other that you would like to be included, please send a scanned image to Ericabishop005@gmail.com or pop a photo in an envelope through the letterbox of 2 Church Court. Family tales about the day would also be welcome. Deadline for this is Monday 4th May.

**MENTAL HEALTH**

Carlyn Kilpatrick, founder of The Nurture Project, is happy to provide telephone support to adults in this parish who are experiencing mental ill health with limited access to other support pathways during lockdown. Carlyn is a fully trained horticultural therapist with a year’s training in psychotherapy as well as 15 years voluntary experience working in the social care sector. Client confidentiality assured. Contact Carlyn 07976 233777, carlyn@thenurtureproject.co.uk

**SCAMS** are on the rise. Latest scam alerts can be found at <https://www.norfolk.gov.uk/business/trading-standards/scams/consumer-alerts> and <https://www.actionfraud.police.uk> . Callers or emails may claim to be from BT, British Gas, HMRC, etc., or selling coronavirus tests. NEVER give your personal details if you are unsure who is calling or mailing.

**USEFUL RESOURCES**

Thank you for the information you have been sending in – please keep it coming!

**Morrisons** have set up a dedicated elderly and vulnerable phone line for those customers to place an order over the phone. They can choose from a Food Box <https://www.morrisons.com/food-boxes/boxes> or place an order from a selection of 45 essential groceries for delivery. Pet food etc can be added to the order. The order is delivered the next day. Call 0345 611 6111 Mon-Fri 8am-4pm and select option 4 to order a Food box or 5 to place an order for next day delivery. Payment is taken through a contactless card by the delivery driver. No contact with the driver will be made.

*Fakenham supermarket opening hours:*

**Aldi** Mon 8am-8pm, Tues-Sat 8am-10pm, Sun 10am-4pm. Opening 30 minutes early Mon-Sat for over 70s and vulnerable.

**Lidl** Mon-Sat 8am-10pm, Sun 10am-4pm.

**Tesco** Mon-Fri 8am-10pm, Sat 8am-9pm, Sun 10am-4pm, Elderly and vulnerable priority time Mon/Wed/Fri 9-10am.

**Morrisons** Mon-Sat 7am-8pm, Sun 10am-4pm

**Little Waitrose** (Shell garage) 6am-midnight?

**A SELECTION OF** **ACTIVITIES** in case you’ve run out of things to do!

***Gardening, nature and Wildlife***

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| Garden birdwatch, BTO | Free during lockdown | Bto.org |
| Breakfast birdwatch, RSPB | 8-9am weekdays | #BreakfastBirdwatch |
| Hawk and Owl trust | Watch live footage of the peregrine falcons on Norwich cathedral | Hawkandowltrust.org |
| Sarah Raven | Advice on gardening at home and videos | Sarahraven.com |

***Exercise, meditation***

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| Royal Academy of Dance | Silver Swans ballet exercise | Royalacademyofdance.org |
| Sport England | Online exercise platforms and free video content | Sportengland.com ‘Ways to get active’ |
| NHS home workout | Various workouts and tips | [www.nhs.uk/live-well](http://www.nhs.uk/live-well)  |
| Active Norfolk | Various exercise options | Activenorfolk.org (resources>covid19) |
| Calm | Meditation, sleep stories, movement exercises, journals and music | Calm.com |

***Mental Health***

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| Every mind matters | Looking after your mental health | www.nhs.uk/mental/health |
| Norfolk and Suffolk NHS Foundation Trust | Mental health care, advice and support | www.nsft.nhs.uk |

***Music***

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| Metropolitan Opera | Nightly opera stream | Metoperafree.brightcove.services |
| Andrew Lloyd Webber musicals | Musicals available for 48 hours each, subscribe free for 7 weeks | Andrewlloydwebber.com (takes you to dedicated YouTube channel) |
| Gareth Malone’s Great British Home Chorus | An ‘at home’ choir, rehearsals online open to everyone | Register at decca.com/greatbritishhomechorus  |
| Stay at Home choir | Sing in a digital performance from the safety of home. | www.Stayathomechoir.com |

***Cinema/theatre***

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| National Theatre | A new play every week on YouTube | Nationaltheatre.org.uk |
| Royal Shakespeare Company, Royal Opera House, Royal Ballet | Various shows on Marquee TV (14 day free trial) | Marquee.tv |
| A Shakespeare sonnet a day | Read by Patrick Stewart  | Twitter |
| Royal Court theatre | New plays | Royalcourttheatre.com |

***Learning***

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| Future Learn | Many free online courses | www.futurelearn.com |
| Open University | Over 1000 free courses, interactives, videos etc | www.open.edu/openlearn |
| Reading | Free audio books available | Stories.audible.com |
| Duolingo | Learn a language | Duolingo.com |
| YouVisit | Virtual tours of famous places like Vatican City, The Louvre etc | Youvisit.com |