



Kettlestone & Pensthorpe Parish News June 2021

If you would like to include an article for publication in the Parish News, please send your item by 25th of the preceding month to the Editor: kettlestonepc@googlemail.com.

Kettlestone Parish website: <https://kettlestoneparishcouncil.norfolkparishes.gov.uk/>

Kettlestone Parish Council

Contact details: **Clerk** Joanna Otte, Little Manor, Thursford Rd, Little Snoring, NR21 0JN.
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Councillors: Gill Ashby (Chair) 878639; Christine Hipkin 878241; Marlene Hoad 822101; Trevor Hoad 822101; Shane Hyde; Robert Kilbourn (Vice-Chair) 851633; Barbara Wyvill.

At the **Annual Meeting of the Parish Council** at the beginning of May, Gill and Robert were re-elected as Chair and Vice-Chair respectively. The Council also co-opted Shane Hyde and Barbara Wyvill to fill the two vacancies. The annual accounts and governance statements were approved. These will be available to view on the website in due course.

Wild flower verges on Green Lane

As mentioned in the previous newsletter the Parish Council is hoping to seed early and later nectar-bearing flowers on the verges on Green Lane. Please do contact the Clerk or John Fiddian for further information or to request particular plants or shrubs.



The **next meeting of the Parish Council** is on **Monday 19 July at 7:30 pm** in the Village Hall. (Parish Councils are no longer allowed to meet virtually).

Covid-19 Hardship Grants

Hardship Grants are available if you are experiencing difficulties as a result of the pandemic. If you are in need or hardship, please do consider applying for a Covid-19 Hardship Grant from the Parish Council (it will remain **confidential**). For an application form contact the Clerk: kettlestonepc@googlemail.com or telephone 01328 822366.

Church Services

There will not be a Service on Sunday 6 June as the Rector will be away.

Judy Manuel

Church News

From the PCC

By the time you receive this edition of the Newsletter, we will have held the PCC's Annual General Meeting. If you were unable to attend and have any queries, please do not hesitate to contact any of the Parochial Church Council members: Judy Manuel, Martyn Proffitt, Angie Waterston, Pat Dickson, Jenny Little and Erica Bishop.

Please could you note that there will be no service held in Kettlestone on 6 June (the usual first Sunday of the month) as the Rector, James, will be on holiday.

We are holding an open meeting to present the results of the survey regarding the future use of the Church on Monday 5 July in the Church, starting at 3pm. Anastasia Moskvana will be coming from the Diocesan office to talk to us about the heritage and legacy of our historic church buildings, and present some of the possibilities open to us. We invite everyone who is in any way interested in how we use our Church to come along. Tea and cakes will be provided. We do hope this meeting will be able to take place – Covid regulations allowing. If the date/time have to be changed we will of course let you know.

Erica Bishop

Village Hall

We are delighted to be gearing ourselves up to re-open at the end of June (Covid regulations permitting of course) and to that end have the following (provisional) dates for your diaries:

- The BAR will open on Friday 25 June from 7pm
- Re-opening BBQ – Saturday 26 June from noon. This will be a “free” event to include Burger/Sausage and glass of wine/beer. We have invited Alex and Christina, a professional folk duo (who came to Kettlestone last September) to provide some live music.
- Tuesday 20 July starting at 7.00pm – a talk entitled: SEAHENGE AND HER SISTER. A talk, about 45-50 minutes, with additional time for questions. The discovery of Seahenge, a Bronze Age timber circle on Holme-next-the-Sea beach, has resulted in more

than twenty years of research. David Robertson will give an illustrated talk on Seahenge, the neighbouring second circle, and the dating of both to 2049 BC. He will explore how they might have been used and their significance to the study of timber circles in the British Isles.



The timber circle Holme II on the coast of Norfolk near Seahenge

- The ANNUAL BOULES COMPETITION will take place on either 22 or 29 August.
- The ANNUAL PRODUCE SHOW will take place on either 4 or 11 September. At the time of writing, we have yet to finalise these dates.



- THE FAKENHAM UKELELE BAND are coming to entertain us and get us singing on Friday 24 September for the evening. Those who remember their last visit will no doubt remember a very convivial evening!

Once we have the government's go-ahead, we will be organizing an Annual General Meeting but I am reluctant to set a date until we are sure that the Covid rules have been fully relaxed to enable us to meet indoors. However, in anticipation of re-opening, I am very pleased to say that we are in a very healthy financial position and can offer Social Club Membership at a rate of £5.00/person or £10.00/family of four. Membership runs from 1 June – 31 May, and cards will be available at the Bar on Fridays or at the BBQ. Membership includes preferential rates for events that we need to ticket, and for hire of the hall for any function. Non-members are very welcome but are asked to sign in the visitors' book when visiting the hall.

Lastly, we have a new Parish Council liaison member on the Committee and we are very pleased to welcome Trevor Hoad. We have also co-opted Lois Capsticks and will propose her membership of the Committee is ratified at the AGM. Lois will be replacing Gilly Pielow, who I am sure you will all know has moved to Cornwall.

"That's all Folks" – and here's hoping this will all come to pass

Erica Bishop

Climate emergency

Reduce Food Waste!

In Norfolk, on average, about a *third* of the contents of our black bins is food waste. Worldwide, 1,300,000,000,000 kilogrammes of edible food go to waste every year. Food is wasted while millions go hungry. Three-quarters of a billion people are undernourished.

But what has food waste to do with climate change? Decaying food waste emits gases which heat the climate and contribute to the ongoing environmental crisis. Food waste accounts for nearly 7% of all emissions – which is more than the total emissions produced by Canada, Japan, *and* the UK.

There is little we can do about food that is wasted before we even see it (half of it before leaving the farm). But there is much we can do (and are doing) to reduce our own food waste. Norfolk County Council offer us many ideas including those at the #Foodsavvy website

<https://www.foodsavvy.org.uk/#home-section>.

Here are some ideas; how many are you already doing?

- Donate surplus food to Fakenham Community Fridge (located at First Focus, 21, Oak Street)
- Store food systematically – refrigerate right up to use-by dates, label and date food that you freeze, put new stores behind older ones.
- Control portions – reduce costs, waste, and waistlines.
- Be aware that – food is still good after the best-before date, never eat meat, seafoods, cooked rice, or bagged salad after their use-by date, but if food looks, smells and tastes good it shouldn't be wasted.
- Use leftovers – let yesterday's supper be today's lunch, make stock or soup from bones, meat, or vegetable scraps; and (my favourite) turn stale cake into rum truffles.

So, in our Parish, let's all try to do more to lighten the refuse collectors' black bin load. And reducing our food waste will save us money, too!

Barbara Wyvill

Mental Health Support

It's important that we look after our mental wellbeing during this time –

- For tips & advice visit www.everymindmatters.co.uk
- If you are worried about your own mental health and well-being, call **First Response**, a free 24/7 helpline offering immediate support, on 0808 196 3494.
- 11- to 25-year-olds in Norfolk & Waveney can get support and online counselling via www.Kooth.com. The service provides support or advice on any topic, including managing your feelings during the pandemic.
- Just One Norfolk has a wealth of information and links to support the health and wellbeing of your family: www.justonenorfolk.nhs.uk.