



# Kettlestone & Pensthorpe Parish News October 2021

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

Telephone: 01328 822366

Email: [kettlestonepc@googlemail.com](mailto:kettlestonepc@googlemail.com)

**Councillors:** Gill Ashby (Chair) 878639; Christine Hipkin 878241; Marlene Hoad 822101; Trevor Hoad 822101; Shane Hyde; Robert Kilbourn (Vice-Chair) 851633; Barbara Wyvill 878790.

The next meeting of the Parish Council is on **Monday 15 November at 7:00 pm** in the Village Hall.

## New Bus Shelter – Book Swap

I'm sure you will have seen our fine new bus shelter book swap. This replaced the old, rotten structure, courtesy of a grant from the North Norfolk Sustainable Communities Fund, for which we are very grateful. The new structure has a concrete base, raised height at the front, a ramped entrance, and side shelves which are protected from the worst of the elements. It can accommodate books, magazines, jigsaws, CDs and DVDs, as well as surplus fresh produce. And did you know that it also has its own geocache? Of course it is also available as a bus shelter, although at the moment the only bus that comes through the village is the school bus. It has a much more cosy feeling than the old shelter when sitting and perusing books. I hope that the new shelter will be well used and enjoyed.



Thank you to James Cane for building the shelter, to Joanna for writing and submitting the grant application, to Trevor for painting the inside and to Shane for moving the books out of the old shelter and into the new one, as well as varnishing the shelves. Also many thanks to the village hall committee for providing temporary storage space for the books, and utilities for the construction of the base, to Doreen for refreshments during the construction, and to the Kettlestone Charity Trustees for the use of the land.

## Education Grant

**Kettlestone Charities Trustees** invite applications for an education grant for the academic year 2021-22.

The grant is intended for purchase of books, materials and resources for study / vocational courses and is available to young people residing in Kettlestone or Pensthorpe studying for their first degree or equivalent. Grants are awarded entirely at the discretion of the Trustees. To request an **application form** please email [kettlestonecharities@googlemail.com](mailto:kettlestonecharities@googlemail.com) The deadline for submission is **end of October 2021**.

## All Saints Church

Service on 11 am on first Sunday in the month.

It seems a long time since we had our open meeting in the church when I briefly outlined the possibilities we have been exploring for enabling sensible access to the tower, and the need for repairs to stop water coming in via the tower roof. Church matters always seem to take a long time to resolve! However, we do have some progress to report.

We have heard from our Architect, Ruth Blackman, that she is getting quotations from various people in relation to the work required on the tower. She is also getting a quotation from a specialist who puts together a "Statement of Significance". Although this might seem a rather odd thing to pursue, her recommendation is that this Statement is used when applying for grants, and if such a Statement is drawn up by an expert, we are much more likely to be successful than if we tried to write this ourselves.

We will be seeking financial help with all these preparatory actions and to that end are very grateful to Brian and Gill Ashby who have been supporting the Norfolk Churches Trust over many years by taking part in their sponsored cycle ride earlier in September. This support is likely to be taken into account when we apply so we owe a debt of gratitude to "Team Ashby". We hope that by the next Newsletter we will have had quotations and even perhaps been able to put some work in hand. I hope I am not tempting fate but rest assured, we will keep you all informed of any progress.

Erica Bishop

## Church Autumn Clean

With all the restrictions that the last 18 months have produced the Church Cleaning Rota has been rather neglected. I do apologise for not producing a new Rota but will endeavour to sort out a new one and get it distributed. If there is anyone who would like to join the list please let me know.

In the meantime, it would be good to do a thorough Church clean as there are lots of cobwebs, dust, bat droppings etc! I am suggesting Saturday 30<sup>th</sup> October at 10am and if anyone could spare an hour or so it would be greatly appreciated. It shouldn't take that

long. Many hands make light work. Please bring your own dusters, cobweb brushes and any magical cleaning tool you may have.

Many thanks. Angie Waterston 01328 822394

### **Village Hall**

As I write we are anticipating a fun evening with the Fakenham Ukelele Band tomorrow (25 Sept) and hope that it will go with a swing. A rather different evening will be taking place on **Tuesday 6 October** when we hope you will enjoy the talk on **Seahenges** (doors open at 7.00pm for a 7.30 start – slightly later than previously advertised to allow our speaker to set up). The **Produce Show** took place earlier in September and was well supported – thank you to all who contributed, and particularly to those who helped with the organization. There are some lovely photos on the Notice Board in the hall. The flower displays were beautiful, and the range of vegetables displayed was impressive given the growing conditions that prevailed early in the season.

We also held the long-overdue **AGM** earlier in September, covering the meetings missed due to lockdown and social distancing regulations. Although late in the year, the AGM was attended by quite a few, but it was noted that membership of the Social Club is much lower than before Covid-19 made its impact on us all. It would be good to see the membership increase, and if you need any details about costs, benefits etc. please don't hesitate to ask me or any member of the committee. The committee has co-opted a few people to help with the bar, and other events to give us a little more support. Those co-opted are Martyn Proffitt, Lois and Martin Capsticks and Peter Bishop. On behalf of the committee, I would like to thank all of them for all the help they have already given, and not forgetting other occasional volunteers, all of whose help is very much appreciated.

*Erica Bishop*

### **CPR and Defibrillator Training**

East Anglian  
Air Ambulance

**Friday 5 November at 5:30pm in the Village Hall** (before the opening of the bar). The session will be run by a volunteer from the East Anglian Air Ambulance (EAAA). Prior to Covid they had been running these sessions for around 18 months and trained approximately 10,000 Adults and Children in CPR and Defibrillator awareness across East Anglia. As well as working for EAAA the session leader also volunteers for the Norfolk Accident Rescue service (NARS). Mark Milsom says: 'I have been a paramedic for 28 years and know only too well that your best chance of surviving a cardiac arrest is if a bystander performs CPR and a defibrillator is attached before the arrival of the emergency services. As a North Norfolk resident, I am keen that this training is offered to as many people as possible'.

The sessions are free although donations on the day from attendees and businesses to EAAA to help cover our CPR program costs are always appreciated. Any funds raised go back into teaching CPR to Adults and Children in our region.

It would be helpful if you could sign up in advance, please contact Trevor Hoad 822101.

### **Chelsea Flower Show and Climate Change**

The Royal Horticultural Society's Annual Show was for the first time held in the Autumn this year, which meant some innovation in the displays to reflect the different season. As usual, the show gardens were outstanding, some addressing social issues, such as the Guide Dogs 90<sup>th</sup> Anniversary Garden and the NHS Tribute Garden. The RHS itself sponsored the Cop26 Garden to demonstrate: 'how gardens, plants and green spaces can play an integral part in protecting our planet and people and ensure a greener, more resilient future for us all'.

The garden had four themes which were illustrated in different areas of the garden.

The theme of 'Decline' showed negative gardening practices, such as paved-over gardens, lack of pollinating plants and chemical use.

More positively, the theme of 'Adaptation' was about how to change our gardening practices in response to the challenge of the changing climate. For example, drought-tolerant 'meadow' areas cope better with hotter, drier summers.

The third theme, of 'Mitigation', had ideas for actively supporting the environment in outside spaces. A wildlife garden, a pollinators' meadow, a compost area and a green front garden were illustrated in this area of the garden.

The final theme, of 'Balance', was demonstrated by a modern cottage-garden area incorporating diverse planting and recycled materials, intended to show how gardeners can work with nature to create beautiful, environmentally-friendly gardens.

Professor Alistair Griffiths, who is Director of Science and Collections at the RHS, said:

"We're a passionate nation of gardeners. Gardening is one of a number of ways the UK general public can take action to help to mitigate against climate change." Private gardens in the UK cover 730,000 hectares (that's 1.8 million acres – nearly twice the size of Somerset!). So gardeners' actions can make a difference.

The RHS website has many ideas about how gardeners (including the passionate gardeners of Kettlestone and Pensthorpe) can respond positively to the challenges of climate change and environmental crisis. Barbara Wyvill ([wecan@educari.com](mailto:wecan@educari.com))

### **Relax and Rejuvenate**

**with Kettlestone Therapist Susannah**

Monthly Treatments are back at the Village Hall Starting Saturday 2<sup>nd</sup> October 1 pm – 4 pm £20 per 15 mins of treatment. Book by Email [kettlestonetherapist@gmail.com](mailto:kettlestonetherapist@gmail.com) or via the website [www.kettlestonetherapist.com](http://www.kettlestonetherapist.com), or drop in on the day (Limited waiting area available). All Covid-safe procedures observed. *Susannah Sparrow.*