



Kettlestone & Pensthorpe Parish News December 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.

Telephone: 01328 822366

Email: 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 17 January 2022 at 7:00 pm** in the Village Hall. Members of the public are invited to attend.

Two years after hearing about the emergence of Covid-19 who could have imagined that we would still be in the throes of a pandemic. Christmas 2020 was such a difficult time with so many uncertainties and restrictions in place, so let's all hope that we are able to meet with loved ones this year and celebrate. The Parish Council would like to wish everyone a very merry Christmas and a happy and healthy new year, with hope of better times in 2022.



Each parish in Norfolk has been offered a memorial plaque to commemorate the resilience of their community during the time of the pandemic. These plaques were specially commissioned by HM Lord-Lieutenant of Norfolk, The Lady Dannatt MBE, who cited numerous inspirational stories of how communities have come together to support others and wanted very much to mark this. The plaque for Kettlestone and Pensthorpe was presented by Dr Thomas Courtauld, a Deputy Lieutenant, at the village hall breakfast on Sunday 21 November. Although the Parish Council was the conduit, and were honoured to accept the plaque, they did so on behalf of the community and all individuals and organisations within

it, to mark the amazing community spirit shown during the pandemic.

In the early months of 2020 the truly frightening news of the pandemic caused huge anxiety, and it was an isolating and difficult time, especially during the various lockdowns and also for people who were shielding. However, this has always been a generous and caring community, and it came as no surprise at all to see people pulling together to provide whatever help was needed, whether that was shopping or collecting prescriptions for others, checking on neighbours, or contributing to the sharing pantry. The book swap also became an important resource for villagers.

During lockdown one of the few pleasures was being able to walk along a relatively traffic-free road and chat with others, at a suitable distance of course! It therefore seems fitting that the plaque be displayed where it can be seen at all times and serve as a permanent reminder of this unprecedented time. If you have ideas of where it may best be displayed please do let any Parish Councillor know.

We would like to express thanks to The Lady Dannatt, Dr Courtauld and also the private trusts that funded the project. Thank you also to the village hall committee for a lovely breakfast event and accommodating the presentation; it was so enjoyable to see everyone there.

Village Hall News

We have been gradually getting going again in the hall with Friday nights' carpet bowling, Wednesday evening's table tennis and now a new yoga class on Tuesday mornings and last Sunday's Village Breakfast. It has been nice to feel that the hall is "re-awakening" and I am sure I can say, from the Committee, that we are looking forward to various events leading up to Christmas and the New Year. These include the Christmas dinner on Saturday 11 December, Mince pies and punch following the carol service in Church on Friday 17 December. We will not be opening on Christmas Eve or New Year's Eve, but will be re-running our Casino night on Friday 7 January. We are looking forward to the twice-postponed talk on the Seahenges on Tuesday 18 January and on Friday 21 January we will be showing 'The Mole Agent', which looks very amusing. All evening events start at 7.00 pm and yoga starts at 9.30 am. We have also booked a live Creative Arts East production "Pepper and Honey", and we will be receiving the publicity from CAE soon. So - do come and join us at any or all of these events when you will receive a very warm welcome.

Erica Bishop

Fakenham Choral Society **'A Festive Fantasia'**



A festive feast of music awaits as Fakenham Choral Society presents its annual Christmas concert at Fakenham Parish Church on Saturday 11 December at 5.30pm. Musical Director, Mark Jones, will lead the performance in his usual exuberant style! Do join the choir for their first performance since March 2020, sing along to some popular carols and enjoy a selection of wonderfully celebratory music to mark the season. Entry is free and there will be a retiring collection. The performance will last for 1 hour 15 minutes with no interval.

Christmas Messages

Happy Christmas Kettlestone from Andrew and Julia. The usual donations in lieu of cards will be made.

Sending best wishes for Christmas and the New Year to you all. I shall send a donation to the Church and the Village Hall instead of cards. Pat Dickson

Christmas Future

Were your 'Christmas pasts' similar to mine? A small reusable tree got down from the attic; wrapping paper ironed and reused; cards from my aunts, inside a scrap of paper with greetings and the message, 'I've not written in this so you can use it next year'. Stockings for the children containing nuts, an orange and a few chocolates; small presents exchanged after a lunch of home-grown cockerel.

No, I'm not saying: 'We had it tough when I were a lass', I'm not seeking sympathy: I thought those Christmases were great. They were not at all Scrooge-like; they were joyful celebrations.

'Christmases recent Present' (and I mean pre-covid, of course) were also great, but involved much more 'stuff'. They were a whirl of small grandchildren ripping paper from vast cardboard boxes containing bikes, barbie dolls, foldaway forts, *Lego*, *My Little Ponies*, scooters and other toys that the kids liked for a while, but which soon were seldom played with.

So, yes, I also enjoyed the more expansive and expensive Christmases of my adult years, but, honestly, they involved the often-wasteful consumerism that I'm now keen to avoid; I want to find simpler celebrations suited to the 21st Century.

I'd like my 'Christmas Futures' to be 'greener'. That means less 'stuff'. And more thought to what that 'stuff' is and what's been involved in it reaching my home. Do I need new clothes, or could I ask would-be givers to give instead to my favourite charity? Do there have to be green beans flown in from Brazil at the Christmas lunch-table? Does the present wrapping paper have to be shiny and possibly unrecyclable? Could last year's decorations be used once again? Could I make my own decorations?

Views expressed in this publication are not necessarily those of the Editor or of Kettlestone Parish Council.

And the big question: would making these and other changes be detrimental to my Christmas Future cheer? On the contrary, I think it would make for a better (and less expensive) Christmas, and I would, perhaps, beneath the homemade decorations and in front of the homegrown or recyclable Christmas tree, feel more content; and, when I'm not worrying about 'stuff', about everything being just right', when the 'must have this, must have that' vibe is no longer affecting the kids, I'll have more attention for joyful celebration of the true spirit of Christmas among my neighbours, friends and relatives.

I wish you a joyous and greener Christmas.

Barbara Wyvill

Rejuvenate-Me

with Hypnotherapist NLP Practitioner



Are you in chronic pain? Is anxiety getting the better of you? Are you not sleeping as well as you would like? (Many other conditions/ issues can

be helped; individual sessions and group sessions are catered for.) Come and find out how you could benefit from these therapies. Join me online on Thursday 23 December at 7.30pm or Thursday 20 January at 7.30pm for a Relax, Unwind and De-stress hypnotherapy session. (Small groups, limited places) £20.00 per session. Leave feeling calmer, relaxed, and happier in yourself. How great is that! Hypnotherapy Sessions in the comfort of your own home via Zoom. For further details and to book visit www.rejuvenate-me.co.uk or email me at nataliejayne@rejuvenate-me.co.uk to find out more. *Natalie-Jayne Sayer*

Good news for The Nurture Project

It has been so good to hear the excellent news that The Nurture Project, founded and coordinated by Carlyn Kilpatrick, has been awarded a grant of £34,944 from the Norfolk Social Infrastructure fund administered by Norfolk County Council. The Nurture Project is a social enterprise based in Kettlestone which delivers a year-round nature based therapeutic service to adults living with mild to moderate mental ill health. The grant will allow them to install a new floor and door for a barn, creating an indoor facility to allow all weather use and full accessibility.

Ambulance Trust

to pilot a rapid response vehicle from Fakenham

The New CEO of the East of England Ambulance Service NHS Trust (EEAST) has announced a trial of a Rapid Response Vehicle (RRV) based in Fakenham to provide faster response times for residents on the North-West Norfolk coast. The Trust is currently conducting a short 12-week trial to prove the effectiveness of providing an RRV resource based from Fakenham station. It aims to identify the following:

- If there is any demonstrable improvement in response times for North-West Norfolk coastal areas (e.g. Wells and Holt) Are there improved patient outcomes for patients in more rural areas covered by this trial?