



Kettlestone & Pensthorpe Parish News November 2022

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; Robert Kilbourn (Vice-Chair) 851633; Barbara Wyvill 878790. Agenda, minutes and other information is available on the village website (address above).

The next meeting is on **Monday 21 November at 7pm** in the Village Hall.

Affordable Housing

Representatives from North Norfolk District Council Community Housing Development team will be at the Parish Council on Monday 21 November. Please do come along to the parish council meeting to find out more.

Please note that the proposal for possible affordable housing just inside the boundary with Little Snoring has been put on hold. There is a call for other potential sites in Little Snoring.

Good Neighbours

... are here to help telephone number: **0333 335 5239** (low cost to call and free if you have inclusive minutes packages, e.g. a mobile phone contract)

Ask for help: picking up medication, collecting shopping, posting mail, having a chat etc.

Tel no: 0333 335 5239: this will direct you to one of our volunteers. The line is open 9 am – 5 pm Monday to Friday – at other times please leave a message (there will be just one beep after you have dialled the number indicating that the answerphone is ready). We will get back to you as soon as possible.

Take notice - Keep an eye on neighbours where possible and help out if needed.

If you would like to join the volunteers contact Joanna 01328 822366 or email kettlestonepc@googlemail.com

Hardship Grants

If you are experiencing need or hardship, please do consider applying for a Hardship Grant from the Parish Council. (Your application will be considered by a working group of parish councillors supported by the Clerk and will remain **confidential**.) Contact the Parish Clerk details above.

Finding Help with the Cost of Living Crisis

Details of the government schemes to help with rising energy costs can be accessed via North Norfolk District Council's website: <https://www.norfolk.gov.uk/projects/advice-and-support/> or telephone customer services on 01263 513811.

Food Bank: If you are in financial difficulties you might be eligible for help from the local Food Bank. The Food Bank works using a voucher referral system. In order to get help from the Food Bank you will need a voucher issued by local agencies. For information telephone 07542 106107. More information about Mid Norfolk Food Bank (**to register or to make donations**) can be found on the website: <https://midnorfolk.foodbank.org.uk/>

Norfolk Warm Homes

<https://norfolkwarmhomes.org.uk/>

Low-income residents in North Norfolk may be eligible for energy efficiency works. If a resident homeowner who has a household income of £30,000 or less, less than £50,000 in savings and an EPC of E, F or G they may be eligible for a fully funded grants that covers the below measures – Internal wall insulation, External wall insulation, Loft insulation, Cavity wall insulation, Roof in roof / flat roof insulation; Air source heat pump
If you are a tenant and fit the criteria you may be eligible for a grant that covers up to 65% of the costs. Contact Dulcie Walsh on 01263 516177.



Kettlestone Church Services

13 November Remembrance Day 10:55 am.

Kettlestone Village Hall News

We have been very fortunate to have had several excellent speakers at the village hall in the past few weeks on subjects ranging from Nuclear bunkers at Sculthorpe to Searching for rare Alpine plants in Scotland. We are currently planning next year's programme of talks so if anyone has any suggestions for topics please contact Graham Cliff (878251)

Regular Events:

The **Bar** at the village hall is open from 7pm every Friday evening.

Table tennis groups play on Wed evenings 7-9pm and Fri mornings 10 am -12 noon. £2 a session. No need to book. Newcomers very welcome.

The next date for **Arts, Crafts and Games** (Rummikub, Scrabble etc) is Wed 9 Nov 2-4.00pm. This is a very relaxed afternoon with tea and cake. £3 a session. All welcome.

November dates for your diary

Fri 18 Nov 7pm: **Casino and Cocktails Night**. A light-hearted evening to try your luck & our delicious cocktails.
Thurs 24 Nov 7:30pm **Preservation, Conservation and Wildlife at Pensthorpe** talk by Bill Jordan from Pensthorpe / Jordans cereals. This is a joint venture with the Kettlestone Climate and Environmental Group and

promises to be a very interesting evening. Free event with a retiring collection. The bar will also be open.

And don't forget **Christmas dinner at the Village Hall** is on Saturday 10 December 6.30pm for 7.00. There are tickets still available from Ken and Clare Kay (822081). £15 per person. Numbers are limited so please book your place as soon as possible. Corinne Merrick

CPR and Defibrillator Training

Tuesday 22 November at 6 pm in the Village Hall. The session will be run by a volunteer from the East Anglian Air Ambulance (EAAA).

It will be free although donations on the day from attendees 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.

Keep Warmth In and Draughts Out!

Much of the UK housing stock is old (more than a third pre-War, almost a half were built between 1945-1990, and less than a sixth after 1990). Although many houses have been improved over the years, old houses are more likely to be poorly insulated and draughty. British buildings produce about a fifth of the UK's carbon emissions, so if we are to achieve the UK's goal of net zero emissions by 2050, it is essential to improve insulation and draft-proofing (as well as other energy-saving measures) in the home.

Heat rises, so we need to stop it escaping through the roof. 270mm and 300mm of loft insulation (fibreglass, mineral wool, or various eco-friendly and effective alternatives) when placed between and above the joists is recommended. According to the Energy Saving Trust, new insulation typically costs about £630 for a detached house and saves £590 per year. It also reduces emissions by 1,000kg CO₂/year. Topping up existing loft insulation (from 120mm to 270mm) for a similar house costs £480, saves £55, and reduces emissions by 95kg CO₂/year. DIY is cheaper. However, damp lofts and flat roofs need to be insulated by professionals. When insulated, lofts can become very cold so any pipes and water tanks above the insulation will need lagging.

Attic rooms can be insulated between the roof and the plasterboard ceiling. Cavity walls can be insulated by injecting insulation into the cavity - also a job for qualified professionals. Other walls can be insulated too, but this is more costly.

Double-glazing is a sure way of preventing heat loss and draughts from windows - but it is expensive. Secondary glazing isn't as effective (and might cause rot in wooden frames).

Replacing doors and windows is an expensive option. However, there are quite a lot of simple and cheaper measures to take to reduce draughts and heat leakage, such as - keeping doors shut in winter, using insulating strips on windows and doors, door sausages, thick curtains over draughty doors and windows. For more

money-saving and carbon-reducing ideas about keeping warmth in and draughts out, look out for the December display on the Kettlestone bus shelter notice board. You can also email us for a list of ideas.

It's important to remember that improved insulation requires ventilation to prevent mould and to remove moisture, smoke, cooking odours, and indoor pollutants.

To identify exactly where our homes are losing their warmth, we can use thermal imaging cameras in every room or space to identify any cold spots, draughts, and damp patches. If you are interested in using a thermal imaging camera in your home, please let us know. If enough people are interested, we will be investigating ways to do this in our community at a reasonable cost.

Climate and Environment Group: wecan@educari.com

Fakenham Choral Society

Fabulously Festive Christmas Concert 17 Dec.

Step away from the Christmas rush and join Fakenham Choral Society as they celebrate the season with a delightful mix of feel-good festive music. Traditional carols to join in with along with choral favourites, guest singers and orchestra, are sure to get you in the mood for the celebrations ahead. Musical Director, Mark Jones, will lead the performance in his usual exuberant style! The concert will take place at Fakenham Parish Church on Saturday 17 December at 5.30pm. Tickets are £12 (under 16s free), and can be purchased either from Gill Ashby (878639), or by calling 01485 544335, via the website www.fakenhamchoralsociety.org or on the door. So do come along for a wonderful evening.

The Nurture Project

- 'Gardening with Dementia' aimed at adults living with a dementia diagnosis. Small group work on Tuesday mornings bi-weekly 10 am to 12 noon. We will be delivering horticultural therapy in our walled gardens and The Nest, which is a newly refurbished barn space that has good facilities and is access friendly - making The Nurture Project a truly year round provision. The programme is for the most part subsidised, however a small fee of £15 per person per session will be charged to cover our running costs.
- Bi-weekly sessions on Thursday mornings 10.30am-12.30pm with activities based in our woodland settings, as well as the walled garden and The Nest. We have a couple of places that are now available if anyone is interested. The programme is again subsidised, and we offer a free taster session.

If anyone in the village is interested in finding out more they can contact Carlyn on 07976 233777 or carlyn@thenurtureproject.co.uk. Every inquiry is treated in the utmost confidentiality.

