



Kettlestone & Pensthorpe Parish News April 2023

We welcome articles for the newsletter, including village news and photos, historical articles, welcoming new villagers, details of village organisations, village activities etc.

Please send any articles to: kettlestonepc@googlemail.com by 25th of each month.

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

New Bus Service: Kettlestone to Fakenham on Thursdays from 3 April

Sanders 98A service on Thursdays: starting at Great Snoring at 10:50; the new service will go through Little Snoring and leave **Kettlestone Village Hall at 10:59** to Fakenham Morrisons 11:06 and Fakenham Oak Street 11:11.

Return journey: Fakenham Morrisons 12:45; Fakenham Oak Street 12:50; then Kettlestone Village Hall 12:57 and then on to Little Snoring and Great Snoring.

Summary of Dates

- Wednesday 12 April 2-4.00pm Arts crafts & games
- Friday 28 April 7.00pm talk by Adrian Vaughan
- Tuesday 2 May 7.00pm. AGM Kettlestone Village Hall and Social Club
- Thursday 4 May – local elections remember to bring your photo ID
- Sunday 7 May 3.00pm Coronation celebration afternoon tea
- Church services:
www.achurchnearyou.com/church/10291/

Coronation Events

- Saturday 6 May (morning): Coronation service at Westminster Abbey
- Sunday 7 May: Concert at Windsor Castle
- Sunday 7 May – Coronation Big Lunch: a nationwide act of celebration and friendship.
- Monday 8 May – extra bank holiday and The Big Help Out. Designed to highlight the positive impact volunteering has on communities across the nation. For volunteering ideas see the website and app <https://www.thebighelpout.com/>.

Kettlestone Parish Council

Contact details: **Clerk** Joanna Otte, Little Manor, Thursford Rd, Little Snoring, NR21 0JN

Tel: 01328 822366; 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 Nurture Project

The Nurture Project is a Social Enterprise located in Kettlestone that provides a year round nature and horticultural based therapeutic service to adults living with mild to moderate mental ill health. It is an established and inclusive organisation which focusses on empowering people and enabling communities. It promotes health and wellbeing using a person centred approach and has had success alleviating symptoms of stress, loneliness, depression, PTSD, anxiety,

bereavement and early on set dementia – all within a safe, comfortable and trusting environment. It delivers one to one work and group evidence based work, as well as being involved in partnership work with other local

organisations. Participation in the project does not require gardening or conservation experience. The Nurture Project operates hand in hand with the environment – everything it does is about working closely with nature to provide strong therapeutic benefits, as well as championing the importance of protecting nature and local ecosystems.

The Project is supported in a number of ways including a diverse group of volunteers to provide its service, as well as support from funding streams from charitable organisations and foundations which has enabled greater accessibility to those people living on low incomes. Please do get in touch if you would like to find out more about the work we are involved in, hello@thenurtureproject.co.uk or take a look at the website www.thenurtureproject.co.uk.



Easter in All Saints Church

This year we have a service on Easter Sunday, 9 April at 11 am. Please help us decorate the church for this important day by bringing flowers and foliage 10.00 - 11.00am on Saturday 9th. Flower arrangers also needed and welcomed that day! Thank you.

Jenny Little & Angie Waterston

100 Club

JANUARY

1st Terry Brown, 2nd Tony Little, 3rd Jane Robinson

FEBRUARY

1st Ann Beck, 2nd Alicia Page, 3rd Helen O'Donnell

Kettlestone Village Hall News

We had a packed village hall for Stephen Temple's talk on his new system of farming. It was most informative and made us think quite differently about the soil in our surrounding fields and gardens. This was followed by

an equally entertaining talk from Catherine Temple who enlightened us on her methodology behind the famous Mrs Temples Cheeses and brought lovely samples for us to try and buy. Between them, the two talks raised £200 which we were able to donate to the Temples' chosen charities: Practical Action, which helps small communities around the world combat the effects of climate change and protect the environment; and Aid Africa, based in Holt and working in villages in Malawi close to where Stephen and Catherine used to live and work on tea plantations.

We are looking forward to our next talk on **28 April 7:00 pm** by **Adrian Vaughan**, one of UK's foremost railway historians and celebrated author.

A reminder that our **AGM** is on **2 May at 7.00pm**. This will be a particularly important meeting as Erica, our very able chairman for the past 5 years, is standing down and we have a new committee to elect. The bar will be open and so, once the official business is over, this can be a more social event.

7 May Coronation celebration 3-5.00pm We will be holding a **traditional afternoon tea** in the village hall to celebrate the king's coronation. There will be no charge but if you are intending to come it would be a great help if you would let Ken or Clare know (so we have an idea of numbers for catering): 01328 822081.

Creative Arts East Sponsored events.

This year we have been fortunate in securing two musical events sponsored by Creative Arts East. This scheme allows us to hire, at a much reduced cost, professional performers we otherwise could not afford. On **19 May 7.00 pm** we have a talented and original musical group - **Sonrisa** who bring together a mixture of musical styles from around the world. They promise a night of entertainment with lots of laughter and music to join along with. On **Thursday 26 October 7.00pm** we have booked a band called **Mountain Music** who play more country and western style music. Both should be very enjoyable evenings. Tickets will be sale in advance from Ken or Clare 01328 822081 and, subject to availability, at the door - £10 members, £12 non-members, £5 children.

Regular Events

- **Bar** open every Friday evening from 7.00pm
- **Table tennis** The **Friday morning group** has now moved to **Thursday afternoons 2-3.00pm**. Wednesday evenings remain the same.
- **Crafts and Games afternoons:** the next session is **12 April. 2-4.00pm** and we now have snooker added to our activities.

Hedge Row, Hedge: Wow!

In the national news in the last week of March:

'The UK environment secretary, Thérèse Coffey, has disappointed campaigners after revealing that an ambitious hedgerow plan for England was in fact a typographical error.'

Wildlife and environmental groups are despairing at the weakness of the Government's environmental strategy. A spokesperson for The Wildlife Trusts said:

'We desperately need to replant lost hedgerows, as well as improving the quality of those that exist today. Government funding and ambition should reflect the importance of hedgerows in creating wildlife corridors – and planning and planting of this vital habitat should be a key priority.'

So, nationally, this is very discouraging. But locally, here in Kettlestone & Pensthorpe we have a wonderful recent addition to our landscape: a long length of new hedgerow planted along the road that connects the A1067 with the A148. Of course, it will need to be kept weed-free in its early years and, once the plants have grown, the plastic guards will need removing from the environment. Additionally, there are two really great things about this hedgerow (not often seen in many newly-planted hedges): it is a double hedge; and standards have been included at intervals: meaning that some bigger saplings have been added which will grow above the hedge into trees, providing additional benefits for wildlife.



Newly planted hedge near the junction at Langor Bridge

Hedges are so important – and so degraded. Many field hedges are cut too short, too hard and too often. They are cut straight instead of at a slight vertical angle to let light to the lower parts – which is one reason why so many field hedges are straggly at the base. They are cut too soon, at the start of the legal cutting period of September to February, removing hedgerow fruits on which some wildlife depend.

At least 30 UK bird species nest in hedgerows. Different species prefer to nest at different levels, so a range of hedge heights is helpful. Dead timber in the hedge is important for insects. Hedge bottoms provide nesting material and insect larvae. Hedges provide wildlife 'corridors' enabling all kinds of animals (and plants) to move through the landscape. Also, growing hedges sequester carbon from the atmosphere.

And our own garden hedges can be mini-paradises for wildlife; full of fruit, shelter and cover. They are also great for us. Sure, you must cut them but they look much nicer than a fence, don't blow over in a storm and seldom need replacing. And you might host a hedgehog.

Climate & Environment Group

Litter Lotto

Help keep the village free of litter and be in with a chance of winning prizes. To enter simply take a picture of litter as you place it in a bin using the Litter Lotto app

<https://litterlotto.page.link/BL3v>.

Each time you submit a new piece of litter it's another chance to win! Litter Lotto is available globally, with different Jackpot levels wherever you are!

