



Kettlestone & Pensthorpe Parish News August 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/>

Summary of Dates

- Wed 9 Aug 2 – 4 pm Games & Craft Afternoon
- Fri 11 Aug 10:25 – 10:40 am Mobile Library
- Sun 13 Aug 11 am Church Service and baptism
- Sun 27 Aug BBQ & Boules
- Sat 2 Sept Produce Show
- Fri 8 Sept 10:25 – 10:40 am Mobile Library
- Sun 10 Sept 11 am Church Service (Harvest)
- Mon 18 Sept 7:30 pm Parish Council meeting

Kettlestone Parish Council

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

Tel: 01328 822366; kettlestonepc@googlemail.com

The next meeting is on **Mon 18 Sept at 7:30 pm**.

All Saints Church

Services will be held on 13 August (including the baptism of Betsy Cane Biggie), and 10 September – Harvest Festival – and will include a light lunch of Soup and Crusty Bread.

Churchyard: The PCC would like to thank everyone who emailed, spoke to us, and attended the get-together in the Church to put their views regarding the future maintenance and development of the Church Field and Churchyard. In particular, we would also like to thank the Friends for their unfailing support.

The meeting in the Church on 7 July was led initially by John Waterston, who showed us the development of his work on the perennial wild-flower area at the top of the field, and, by contrast, the remainder of the Church Field and the “dell”. This demonstrated the managed transition to a wild-flower area with the unmanaged ‘let it grow’ approach. Areas of wild-flowers, such as that in the field, take approximately three years to really establish themselves until their maintenance is reduced to a minimum. The first year involves killing the grass in early autumn ready to sow the seeds, to flower the following spring. There are 17 perennial and 4 annual varieties of seed in the mixture used at the top of the Church Field. There is no doubt that the overwhelming majority of people in the village who got in touch with us welcome the idea of introducing wild-flowers into the churchyard, with the proviso that good, clear access is maintained for all the graves and memorials, especially those that are regularly tended. Specifically, the area of more recent graves to the right of the lych gate, to the north of the Church, and in the north-west corner of the Churchyard will be kept mown as at present. The

proposal is to establish perennial wild-flower areas gradually to those areas of the churchyard that are ‘unoccupied’. The first of these will be an area along the inside of the south wall. This will then be extended to the area near the double access gate and further areas to the north and east of the churchyard.

Church Field: The “no mow” approach to the church field was further discussed at the PCC meeting held on 18 July. The PCC agreed that the grass has grown so prolifically that it precludes any use of the field for purposes of possible fundraising or other activities. It was generally agreed that it should be allowed to grow, but in a more controlled way so that, should opportunities arise, it could be used by the Church. It was also felt that it could be considerably enhanced by mowing a path through the unmown area, creating a more attractive space. Erica Bishop

100 Club

May: 1st G Cliff; 2nd J Waterston, 3rd L Cotton

June: 1st J Kilpatrick; 2nd C Hipkin; 3rd B Peck

July: 1st B Fielden; 2nd M Townsin; 3rd F Waterston

Norfolk Churches Trust

bike, ride & walk

The Norfolk Churches Trust bike, ride and walk will take place on Saturday 9 September. If you would like to sponsor us please either ask us for a form or just let us know how much you would like to sponsor us for, and whether you are a gift aid donor. Email: gillashby28@gmail.com, tel: 878639. Alternatively please do contact a member of the PCC. Thank you for all your support previously and hopefully for this year!

Brian and Gill Ashby

Kettlestone Village Hall News

Last month the indoor bowls evening at The Gallow proved to be a great success, but unfortunately the eagerly anticipated Lucy Lavers boat trip had to be postponed due to the vagaries of the weather this summer. Hopefully the sun will be shining again for the **Barbecue & Boules competition on 27 Aug**; and all the rain we have had will result in bumper crops for the **Produce show on 2 September** (cancelled last year because of the draught!).

Other dates for your diary

Wed 9 August Games and Craft afternoon 2.00pm

Fri 29 September Macmillan coffee morning 10.00am

Thurs 26 October Mountain Music 7.00pm

Fri 9 November Casino and Cocktail night

Sat 9 December Christmas Dinner. Corinne Merrick

The Railway Comes to Kettlestone

As early as 1845 the Lynn & Fakenham Railway gave notice 'to build a line' between those two towns, but it was not until July 1876 that the Lynn & Fakenham Act received royal assent for its construction. The ground works and engineering infrastructure were taken on by a London based company called Wilkinson & Jarvis. By August 1879 a line was opened as far as Massingham. The penultimate station at that time was Hillington, built to serve the village and the folkes family at the Hall and for a while was designated 'Hillington for Sandringham'. A Russian Czarina is recorded as disembarking there to visit the royal household. In August 1880 the line was opened as far as Fakenham with a wooden station at Hempton. A subsequent stone and brick platform can still be seen in Jewsons yard showing where it was. In November 1879 the Lynn & Fakenham Railway gave notice to purchase 'land at Kettlestone Common' in pursuance of developing the line to Melton Constable and beyond. In February 1881 the Trustees of Kettlestone Pools Allotment were offered £495 for 6 acres 2 roods and 13 perchs of the land, 3 acres of which 'were for station purposes'. On 19 January 1882 this extension was opened as far as Guestwick with intermediate stations at Thursford and Hindolvestone. Trains were now running over Kettlestone land. The Norwich to Wells turnpike road (now A1067) was crossed at Langor Bridge and was controlled by a gatekeeper's cabin. From Fakenham to this point it was a double track (single thereafter). In January 1883 the amalgamation of the Lynn & Fakenham, Yarmouth & North Norfolk and Yarmouth Union Railways took effect and gave rise to the emergence of the Eastern & Midland Railway. More to follow. Roger Townsin

Fakenham Choral Society 50th Anniversary

This much-loved choir is thrilled to announce the launch of its golden anniversary season. This significant milestone will be marked in style with an extra special programme of concerts. The season's highlight will come on 20 April 2024 with Verdi's awe-inspiring 'Requiem'. One of the choir's ambitions is to give something back to the local community, with free entry to its Christmas concert on 16 Dec. To help the choir achieve this ambitious aim, personal and business sponsorship would be warmly welcomed. More information at www.fakenhamchoralsociety.org or from the secretary on 01362 668938.

Education Grant

Young people studying for their first degree, apprenticeship or equivalent can apply for support to purchase books, materials & resources: email kettlestonecharities@googlemail.com. Deadline for submission is **end of September 2023**.

Clothes & Fabric Swap Coffee Morning

The Climate and Environment Group are holding a Clothes and Fabrics Swap and coffee morning on

Saturday 30 September at 10am in the Village Hall. Please start saving any suitable, garments & fabrics.

Woods are Good for You

Winnie-the-Pooh's Hundred-Acre Wood was a place of stories and mystery where adventures happened. All woods, even the smallest, with the youngest trees, are magical places of interest and delight. Woods are defined by their trees, but are full of other life such as flowering plants, mosses, lichen and fungi; spiders, insects, as well as some mammals: although maybe not bears or piglets.

Norfolk is not a very wooded county but we are fortunate to have two small Norfolk Wildlife Trust woodlands very near to us along the A148: Brett's Wood and Thursford Wood (pictured); and, a bit further along the road, Bullfer Grove Wood, a tiny-but-beautiful bluebell wood owned by the National Trust.



Nearby Kettlestone Wood is not

publicly accessible, having been divided up and sold off in tiny 'lifestyle woodlands' parcels, but the trees continue their work of carbon capture and storage, as well as gracing and greening our distant skyline.

Walking through woodland is not only enjoyable, it is good exercise, and therefore good for one's physical health, of course. But it also boosts mental health. An analysis of volunteers on Wildlife Trust projects found that half those who started with low mental wellbeing improved within six weeks. Some had been referred by their GPs. The NHS's 'Green social prescribing' links patients to nature-based activities, like 'walking for health' schemes, community gardening and projects that grow food. It is wonderful that our own village has such a scheme, focusing on horticulture. There is good evidence for the positives: in 2011, a government assessment estimated that the health and welfare benefits of green spaces were £30bn a year. Woodlands are especially good: a report by Forest Research estimated the amount woodlands save the NHS through fewer GP visits and prescriptions, reduced hospital and social service care, and the costs of lost days of work. It was a lot: £141 million annually for England.

While the official target is to increase tree planting to 30,000 hectares a year by March 2025, the government has met less than half of its annual tree-planting goal in England. And a mere seven per cent of the UK's native woodlands are in good condition. We need to value our woodlands more.

Why are woodlands so beneficial? Some researchers have suggested that chemicals (such as terpenes) given off by trees have a positive effect on the human body and psyche. That may be so, and no doubt further research will reveal more of the complexities of human-nature interactions: meanwhile we can just enjoy our woodland wanderings.

Climate & Environment Group (wecan@educari.com)