

Hempton

Parish News



January 2023

The next meeting will be held on

Wed 18th January 2023 at 7pm, in the Memorial Hall

Subsequent meeting dates :- 15 Mar, 17 May, 26 Jul, 27 Sep, 22 Nov

Hempton Parish Council
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www.hemptonpc.info



Welcome

Well, we are now in 2023 after what has seemed to me a whirlwind 2022...just where did it go?

We sincerely hope that you enjoyed Christmas and the New Year despite everything that is going on both in our own country and the wider world.

The Parish Council had a busy year and 2023 with the merger between Hempton, Pudding Norton and Testerton looks set to be another busy one.

Now for a couple of updates:-

The Merger

Is scheduled to take place in April just ahead of the May local elections, NNDC will be involved with the formal process of overseeing the merger ensuring due process is followed.

The Duck Pond

The wildflower area was scarified with a tractor and cultivator from the Raynham Estate. The contractor then set out a grid using bamboo canes and sowed the long awaited seeds. Subject to weather conditions the next stage will see a powered pedestrian vibrating roller being used to press the site. This will promote the seed to soil contact which in turn helps to promote germination rates. Which means by the Spring and Summer we should start to see some of Mother Natures magic emerging from the soil. The pond is looking very full now and the ducks seem to be very happy.

The Roundabout

We are still of the understanding that the Planning Committee is scheduled to sit at the end of January...however no specific details have been forthcoming, but we will keep you posted via the website and noticeboard.

The Coronation

The Coronation of King Charles III is expected in May...we have been thinking that it would be nice to hold another party on the Common...we will start to think about this in more detail in the new year but in the meantime if anyone has any suggestions then please get in touch via hemptonparishclerk@gmail.com

That's it from me ...but in closing I would like to take this opportunity to wish you all a very Happy New Year from your Parish Councillors.

Vivien Woods - PC Chair

2022 Quiz

All the answers are related to 2022

NO.	QUESTION	ANSWER
1.	This actor from Coronation Street was awarded an OBE in Queen's New Year's Honours List 2022?	
2.	What date did Queen Elizabeth I become the first British monarch in history to achieve Platinum Jubilee?	
3.	Who won the Masked Singer on 12th February 2022? What animal's costume did she wear?	
4.	Who was the winner of Dancing on Ice on 27th March 2022?	
5.	What horse won the 2022 Grand National on 9th April 2022?	
6.	Who were the finalists in the 2022 FA Cup Final on 14th May 2022? Who won?	
7.	Who were the two ladies who assisted with planting the Jubilee Tree in the village on 2nd June 2022?	
8.	Who won the men's singles final at Wimbledon on 10th July 2022?	
9.	England won the UEFA Women's Euro 2022 football final on 31st July 2022. Who did they play and what was the score?	
10.	Who were crowned winners of Love Island in August 2022?	
11.	When did King Charles III ascend to the throne?	
12.	Who won the London Marathon (women's) on 2nd October 2022?	
13.	Who became Prime Minister on 25th October 2022? Who did he replace?	
14.	Who won the Great British Bake Off on 15th November 2022?	
15.	Who won Celebrity Get Me Out of Here on 26th November 2022?	
16.	Who won Strictly Come Dancing on 17th December 2022?	
17.	Who won the World Cup on 18th December 2022? Who won the Golden Boot?	

DEC ANSWERS: 1.Albatross, 2.Blackbird, 3.Canaries, 4.Dove, 5.Eider, 6.Falcon, 7.Goosey Goosey Gander, 8.Heron, 9.Ibis, 10.Jay, 11.Kingfisher, 12.Lark, 13.Magpie, 14.Nightingale, 15.Owl, 16.Peacock, 17.Quails, 18.Robin, 19.Swallows, 20.Turtle Doves

Information

The following information has been provided by the Norfolk Association of Local Councils...it is also published on our website www.hemptonpc.info where you will be able to click the source links directly...contact numbers have been provided where possible below.

Community Hot Spots and Libraries

Norfolk County Council working with Norfolk Community Foundation have funded a number of locations where you can go to access services and other help; receive a hot drink and refreshments and a place to socialise and stay warm. Follow the links:

Community Hot Spots

Libraries—Fakenham Library 01328 862715

Cuppa Care Bus - Fakenham War Memorial from 1pm-3pm on 13th January 2023, 17th February 2023 & 17th March 2023

Food banks and larders

There are a range of places around the county where food parcels or cheap and wholesome food can be obtained. More information about locations and opening times can be found via the Nourishing Norfolk network, or via the list held on Norfolk ALC's website:

Nourishing Norfolk—Norfolk ALC

General Advice

Wrap up well—Wear plenty of thin layers rather than one thick one is the best way to keep warm in winter.

Wear clothes made of wool or fleecy synthetic fibres (cotton is only effective if the garment stays dry) - Keep your feet warm with rugs and slippers—Wear bed socks and thermal underwear at night—Putting on a coat, hat, scarf, gloves and warm shoes or boots when you go outside. If you're heading out, make sure you take some extra layers – even if you don't need them immediately, it's a good idea to be prepared because the temperature can drop significantly when the sun goes in.

Heat where you need it

Only heat the rooms you use – heat the living room during the day and the bedroom just before going to sleep. Turn the heating in other rooms down or completely off.

Keep doors and windows closed.

The ideal temperature is 64°F (18°C) for your bedroom and 70°F (21°C) for your living room. Check your thermostat or use a room thermometer to monitor temperature, and keep your bedroom window shut on a winter's night.

Draw your curtains and tuck them behind the radiator to avoid cold spots.

Use a hot-water bottle, wheat bag or electric blanket to warm the bed, but never use a hot-water bottle and electric blanket together as this can be dangerous.

More tips at MoneySavingExpert.

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Eat well

A healthy balanced diet will help keep you warm and healthy in the winter. Make sure you and your family eat at least one hot meal a day like soup which is nutritious, keeps you warm and is inexpensive to make or buy.

If you have them, microwaves, slow-cookers and airfryers are often the most cost (and energy) efficient ways of creating hot meals.

Batch cook and reheat in a microwave—Get your 5 a day—Avoid comfort eating

Stay active and stay in touch.

Staying active is good for your health. Walking, for example, can be good for you. If the weather prevents you getting outside, stay active indoors by catching up on all the household tasks you've been putting off.

Stay in contact with friends and family, especially if you've been stuck in the house for a few days. If you have elderly relatives or neighbours who might need help, check up on them.

The cold weather could be just one of many reasons why someone has tumbled into crisis and needs help and support. Places where that help can be found are contained in our “Help in a Crisis” document available from our website. Good places to try first are as follows:

Norfolk Assistance Scheme can help you get support and financial assistance for food, energy, water, and other household essentials including white goods. You can apply yourself or a support organisation, such as Age UK Norfolk or Citizens Advice can apply on your behalf. 0344 800 8020.

Citizens’ Advice - CABx can offer help with energy bills and with advice on how to reduce your ongoing energy requirements. 0800 144 8848

Norfolk Community Foundation’s Nourishing Norfolk food hubs provide a range of food support. This includes community fridges and larders, food pantries and community supermarkets

Cost of living vouchers – if you are eligible for free school meals you will now receive a monthly ‘cost of living’ voucher. The vouchers will be £15 per month per child with an additional payment of £30 per child in December.

Anglian Water provides an Extra Care Support Service for people who need help paying their water bills including advice, payment breaks, flexible payment plans and discounts. 0800 169 3630

What's on

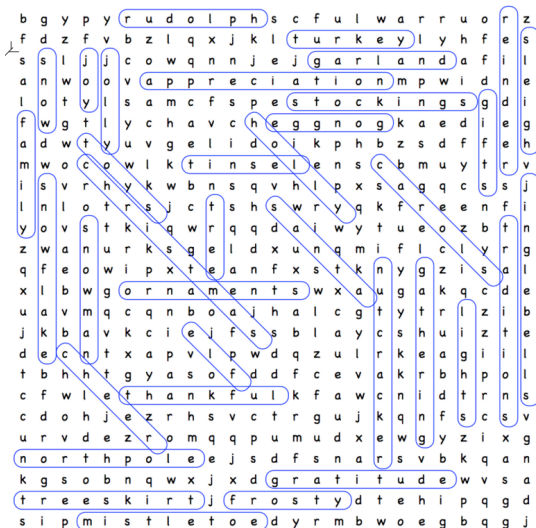
Hempton Memorial Hall

If you are interested in booking the hall for your event please contact Claire at enquiriesmh@gmail.com or on 07532 690758

Hempton Church Rooms

For bookings or enquiries please contact Christine on 01328 856147

Christmas Puzzle Solutions




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