

Kenninghall News

Issue 191

June 2016



Kenninghall Street Party

To celebrate the occasion of the Queen's 90th birthday

Sunday 12th June 2016

12noon - 6pm

To be held along Church Street between St Mary's church and the Red Lion

Music from 3-5pm from the Ludlum Pikes
Ice creams

Barbecue
Face Painting

Prizes for best homemade Crown (for children and adults!)

Please note. The churchyard will be locked and out of bounds during this event.

Another great chance to get all the village together. Bring a picnic, tables and chairs will be laid out along the street.

ALL THOSE WHO CAN HELP SET UP please be at the Red Lion at 9am on the morning!



Need a bit of guidance?

Well, there's always the Wife! (or Husband, or Partner, or a good friend or, failing those, the Stars!). But, whether young old or in the middle, there are times when it's sometimes difficult to decide on the next steps to take. Then I recommend God's guidance (well, I would wouldn't I!).

But sometimes, when this comes, it's not so much like a searchlight that lightens up a large area but more like a torch that illuminates just enough of the path ahead to show

us where to take the next few steps. God doesn't always reveal His plan all at once, He wants us to trust Him each step of the way.

*Blessings
Keith*

Tel: 01953 888533

email: revkahawkes@aol.com

Café Church



Please note there will be NO Café Church is open again on Saturday 4th June as it is our Summer Fête day

Services at St Mary's

for June

Sunday 5th	6pm	Songs of Praise
Sunday 12th	11am	Family Service
Sunday 19th	11am	Holy Communion
Sunday 26th	11am	Service of the Word

The Songs of Praise service is the day after our Fête and St Mary's will have a special Flower Display



Kenninghall Allotments

Strutt & Parker would like to alert local residents that there are now smaller plots available. Anyone interested should contact Tom Charles, Graduate Surveyor, Land Management Department at their Norwich office on 01603 883615.

Notes from the editor

Another month, another apology! Several people drew my attention to the fact that having put the Moveable Feast on the front page last month I then missed out the date when it was to take place! I would love to say that it was my deliberate error for the month, but the glitch was totally unintended and then managed to escape my so-called proof reading. I also put the wrong contact telephone number, my defence for which is that there was a mistake in a list of data given to me. Nevertheless, I've used the correct number often enough that I should have spotted the error. Hopefully all those who wanted to go to the event were still able to do so, despite my best efforts to thwart them.

Graham Barber

Useful telephone/email contacts:

Amblers: 01953 888343 or 888483
Carpet Bowls Club: 01379 687305
K'hall Lands' Trust: 01953 888117
(email) lands-trust@kenninghall.org.uk
Kenninghall Morris: 01953 888291
K'hall Pre-Schl Nursery: 01953 888048
K'hall Primary School: 01953 887286

Kings Ride GP Surgery: 01953 887208
Parish Council: 01953 887521
Playing Field Fund: 01953 888291
Red Lion Bowls Club: 01953 887566
St Mary's Bell Ringers: 01953 888117
The Red Lion pub: 01953 887849



What should we be doing in our gardens?

For June:

Hoe flower borders and vegetable garden to control weeds;
Aim to mow lawns at least once a week;
Plant out summer bedding plants;
Sow runner beans and dwarf beans outside;
Prune some Spring flowering shrubs;
Pinch out the side shoots of tomato plants;
Enjoy the first harvest of spring vegetables - lettuces, radishes and new potatoes.

The Plant Sale held on 4th May at St Mary's Church raised £110. Thank you to everyone who came along and purchased plants and to those who donated them.

Next Meeting:

Thursday 9th June - a visit to the garden of Wretham Lodge, East Wretham, Thetford IP24 1RL. Gordon Alexander will give a tour of his garden from 7.30pm - meet in the Market Place at 6.45pm for car sharing. There will be a charge of £4 a person, which will go to charity.

Directions:

From the A11 at Thetford take the A1075, left at the East Wretham village sign, right at the crossroads then bear left - park in the church car park.

Future Events:

Thursday 14th July in St Mary's Church at 7.30pm - a talk on the History of Lopham Linen by Jenny Vere.

Thursday 11th August in St Mary's Church at 7.30pm - a talk by Andrew Bailey from Diss Garden Centre on Herbaceous Plants.

Church Summer Fête

St Mary's Church
Kenninghall

Saturday 4th June

2 – 4 pm

Teas, Raffle, Cakes, Plants, Tombola, Handicrafts,
Bric-a-brac & Games

Fun for everyone

(See other posters for Flower Festival Times)

SUNDAY FUN – MESSY CHURCH

Sunday Fun is changing. We will meet once a month at Kenninghall Church from 9.30am -11.00am.

We will be doing lots of arts and crafts, games and (in good weather) exploring outside.

There will be a different theme each month – loads to do and having fun.

We will have refreshments to keep us going.

Anyone under 12 years old can come. All for free!

There can be a walking bus if Mum and Dad can't bring you.

The first Sunday in each month (except in school holidays).

Further information – Angela 01953 887391.

Parish Council News June 2016

Parish Council celebrates Queen's 90th Birthday with gift to the children

To mark the 90th birthday of Queen Elizabeth II the Parish Council decided to provide a memorial gold medallion as a present for each of the children that attend Kenninghall Primary School and each child attending the Pre-school. On Friday 6th May I attended the school assembly to say a few words and hand the medallions over to the children - see photo below.



Kenninghall Annual Parish Meeting and presentation of first results from the Neighbourhood Development Plan survey

The Annual Parish Meeting will take place before the normal Parish Council meeting at 19.30 on Tuesday 7th June in the hall of Kenninghall Primary School. The APM is where the PC reports to its parishioners what has been accomplished in the previous year. A special feature will be the presentation of initial results from the Neighbourhood Development Plan questionnaires. It is also the opportunity for District and County Councillors and representatives of other organisations connected with the village to make short reports, should they be able to

attend. Everyone in the village is invited to attend. Participation is encouraged in the form of parishioners expressing their opinions on various matters or asking questions.

This meeting will be followed by the Annual Meeting of the Parish Council, a different meeting where the chairman and vice-chairman are elected and the various insurances and risk management policies of the Council are reviewed.

Fly-tipping

There has been a fair amount of fly-tipping in the environs of the village of late. If you find a pile of dumped furniture, rubbish, etc please report it to Breckland Council through their online reporting system at: www.breckland.gov.uk/flytip . If you see someone doing it, note the vehicle registration number and report it to Breckland.

Ongoing Security Awareness

Continuing the theme of security awareness in and around your homes, please be aware that there have been two “distraction” robberies in the area recently; one in Thelnetham and the other in Barningham.

In Thelnetham an elderly lady was targetted by three large men, purporting to be from the water board, who said that there was a water leak. They gained entry to the house and stole items.

Please be on your guard and report any suspicious behaviour to the police. Also be aware that if you are unexpectedly called to your front door, that the back door and other entrances to your property are secure.

Fersfield Road Drainage Earmarked for Serious Repair

After much pestering by residents and the Parish Council , and a number of unsuccessful attempts by Highways to repair it, a persistent drainage problem on the northern side of Fersfield Road has finally been earmarked for serious time and money over the coming year. In their list

of proposed maintenance projects for 2016-2017 Norfolk County Highways have budgetted £25000 to finally sort out the problem.

Steve Gordon

Chairman, Kenninghall Parish Council

Tel: 01953 887521

Email: stephengordon@gn.apc.org



Tower News.

The gentle world of bell ringing has been in the news recently with the controversial topic of whether ringing should be considered a sport. Apparently there may be lottery money at stake; although ringing needs no special equipment or clothing from its practitioners so is an almost free pastime. Indeed, if there were more weddings in the church (for which we are paid) we could actually make money!

Whilst not wishing to get drawn into the sports argument too much, I would like to point out ringing's health benefits as an exercise that combines both physical and mental effort. This could explain the hale and hearty appearance of many of the older ringers, some of whom are well into their ninth decade. It is also a very sociable occasion, especially the Kenninghall team at the moment.

The Kenninghall team takes its sport seriously; its performance enhancing drug of choice is mainly the traditional pint of bitter although some members seem to believe in a glass of red wine.

Practice nights	Wednesdays in church	7.30pm
	Red Lion	9.00pm

Pip Whittle

Summer Fête and Flower Festival

The fête will be from 2pm to 4pm on Saturday 4th June but the Church will be open for the Flower Festival "Flowers and Angels" from 12noon until 4pm. On Sunday the Church will be open for the Flower Festival from 11am to 5pm and will be followed by Evensong at 6pm.

If you can help with the Fête on the Saturday afternoon, please ring Anne Wood on 01379 687230.

If you would like to help with the flowers, that would be marvellous. It would be great if the clubs/groups of Kenninghall, or individuals, could each do an arrangement or display with flowers (including Angels).

The church always looks magnificent when filled with flower displays and arrangements, and we hope you will come and visit on 4th/5th June.

Friends of St Mary's Church

Dates for your 2016 Diary

Saturday 3rd September - Village Garage Sale

KENNINGHALL BOOKSHOP



WONDERFUL
SELECTION

ALWAYS OPEN

20p paperbacks
50p hardbacks

All in aid of Kenninghall School and the Village Hall.

Rose Cottage, East Church Street
Just follow the signs



L.K.'s Fundraising Raffle

I am pleased to announce that the L.K.'s raffle raised an amazing £986. Thank you to everyone that purchased tickets and congratulations to all of those who won a prize. Altogether, with all of our fundraising events, we raised an amazing £4930.

Thanks to the kind generosity of everyone and the hard work put in by our dancers and their parents we have managed to get our dancers to Germany.

Thank you again.
Lynne Bailey A.I.S.T.D.
(School Principal)
Tel: 07835 021439

GENTLE FOLK COMMUNITY CARE



QUALITY CARE AND LIGHT HOUSEWORK DELIVERED TO YOU IN
YOUR HOME BY QUALIFIED, INSURED, TRAINED AND VETTED
CARE WORKERS. WE ARE REGISTERED WITH THE CQC .

CALL FIONA ON 01953 887187 or 0798 110 7703

FOR A FULL LIST OF SERVICES

www.gentlefolkcare.co.uk

LETTERS

US holiday

Partner Bob & I recently got back from a long trip to the US - mainly as convalescence for Bob after illness and to visit cousins in the Carolinas. The holiday was a 'mixed experience'.. after sailing through the first couple of weeks, I developed lower back pain, eventually needing some professional attention. So.. off to the chiropractors. After making sure that my Debit Card worked, they announced breezily that the pain was caused by 'subluxation of the sacroiliac joint'. (It isn't, according to opinion of later medical people we saw). Chiropractors recommended lots of ice packs and several massage/therapy sessions. Definitely not cheap, but then the fork lift truck that is surely needed to hoist Melissa the gigantic receptionist in and out of her tiny cubbyhole morning and evening must cost a pretty penny. Not to mention the laundering of her colourful caftan, about the size of a small European country.

I duly went along with all that, and at the last visit it was worth it for me just to listen to the mindless (and extremely LOUD) witterings

of an invisible lady behind the next curtain, as she was being noisily massaged by expert unforgiving hands.. she's probably still there, her piercing voice shattering glass in the next state and riveting the captive audience behind the other curtains with ever MORE details of her recent three week holiday to Alaska - the 20,000 photos she took, the buffalo jerky (?) she absolutely adored, the TOTALLY BUT TOTALLY AWESOME SIGHTS she marvelled over every five minutes of the trip etc... Awesome indeed. Totally.

As the chiropractor's pummelings weren't changing things except shrinking our bank account, (they did have nice flowers though), we switched to a 'proper' clinic. They said it's probably sciatica, were scathing about the chiropractors, and recommended an eye-wateringly expensive MRI scan, plus an ultrasound scan - carried out by a little old white haired-lady with apple cheeks, a winsome head-on-one-side smile and an arm covered in tattoos. Pain currently still around, but FREE NHS treatment a big relief.

Other items of interest.. the US TV channels were swamped with

breathlessly unexciting news 'n views about Don*ld Tr*mp, the candyfloss-haired would-be president. All the news items were conducted by over-excited squeaky-voiced presenters with lots of frothy orange hair, trowel-applied makeup that looked like third degree burns, false eyelashes that created quite a down-draught when eyes blinked, and gigantic shoulder pads - sitting in big pink sofas. The women were no better.

Least favourite American sayings of the moment:
'Good'. Everyone is 'good' as in 'Hi!How'reYOUterday?' (spoken as one word) Universal parrot response: 'I'm GOOD!'

'Awesome'. Everthing's awesome as in 'Wow! Cornflakes for breakfast! Awesome!'. If everything ordinary is 'awesome' what to say when something really awesome happens? Probably 'good'...

More holiday musings later.. possibly.

Peter McLuckie

(Last month I appealed for another copy of a letter that I had lost and which had been smuggled out of the Republic of Dam Green. Thankfully a copy has been received but little did I realise that my request has possibly made the lives of peasants in the Republic even more difficult. This wasn't my intention and, if



Borderhoppa Community Transport - New Bus Club Lottery

The New Bus Club Lottery was established to help Borderhoppa replace older vehicles coming to the end of their useful life. New Bus Club Lottery is open to everyone aged 16 or over.

Each lottery number costs £2.00 per month and participants can purchase any amount of numbers each costing £2.00 per month.

The lottery draw takes place on the last Friday of each month and all winners are notified by post.

If you would like to support your local community transport service and join the New Bus Club Lottery application forms are available to download from our website www.borderhoppa.org, from our drivers or by calling us on 01379 854800.

this newsletter manages to bypass the enhanced border security, I apologise to the good people of Dam Green. The missing letter follows, but first I am attaching the covering letter to show the problems that peasants are now experiencing - Ed}

Dear Editor

News has reached us of the mislaid script from the Dam Green peasants. We have briefly unencrypted the said article and have resent as requested.

We hope this makes it through the cyber wall now in place (erected since your comment in the recent Kenninhall News) as suspicions have been roused.

Peasant No 15

Easter Celebrations in the Dam Green Republic

Great excitement was had within the Dam Green Republic on Easter Sunday when one of the tall bastions immediately surrounding the residence toppled causing disruption and chaos to both those within the Republic and surrounding 'lands'. How so could such an event occur to our illustrious Il Presidente on an important religious calendar event for he is always right in his thoughts and actions? Oversight

and neglect, a misunderstanding of the ways of the natural world and his inability to control the weather have all been mooted by other citizens (a.k.a. peasants) within the boundaries of the Republic but these cannot be voiced for fear of any repercussions.

Emergency services outwith the Republic had to be called upon to assist in returning 'life to normality' as Il Presidente has yet to establish fully functional and efficient support services for his citizens. Despite criticism laid by our great and revered leader on services provided by our neighbouring country (the United Kingdom for those who are not aware of our forced separation) without the assistance of others the Republic citizens would still be living in the dark unable to communicate with the outside world. We are grateful for our 'neighbouring country's' assistance in times of need.

We are led to believe, through one of our nation that can read, that His Grand Pomposity is planning to hold an anniversary celebration for Republic citizens close to the summer solstice. Within the proclamation there is notification of great works of fire amongst much joy making and frivolity. As citizens

we are now in great fear as to what this means.

Are these merely to be exploding devices with bright lights in the sky and on the ground or will there be a need to once more rely on the good nature of our benevolent neighbour to supply emergency forces as the Grand Palace or worse still, surrounding property, is burnt to the ground due to the lack of forethought and consideration by Il Presidente himself!

(Dissident) Peasant N^o 15

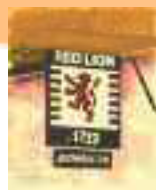
PS. God Save the Queen



Needles & Natter

Do you sew, knit, crochet, (or would you like to learn), or just like a chat? Perhaps you have just retired or moved to Kenninghall? Why not come along and join our 'needles and natter' sessions. We meet on a Wednesday afternoon at 2pm, at different homes, so if you would like to know more, please ring for further information. **Avril 01953 888483**





The Red Lion

East Church Street, Kenninghall, NR16 2EP

www.redlionkenninghall.co.uk

Tel: 01953 887849

Mandy and the Red Lion Team offer you a warm welcome, good food, real ales and friendly faces in a traditional village pub

Mon-Thurs 12-3pm, 5.30-11pm
Fri & Sat 12-11pm, Sun 12-10pm

DIARY DATE

MONDAY 30th MAY

The great DOWNHILL SOAPBOX CHALLENGE takes place
Entrants from 2pm, racing starts at 3pm.

All welcome; you must be able to steer and brake - no motive power, just own gravity. CRASH HELMET essential!

A great Kenninghall day out!!

Forthcoming Events

Jam Session: Sunday 5th June, from 4pm (note changed date due to Street Party)

Quiz Night with John: Thursday 16th June, from 8.30pm

Open Mic Night: Tuesday 28th June, from 7.30pm

Diary Dates *for June*



June 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Fathers Day is 19th of June 2016</i>						
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 <i>Fathers Day</i>	20	21	22	23	24	25
26	27	28	29	30		

Bin Collections



June

3rd (B); 9th (G)
16th (B); 23rd (G); 30th (B)



Kenninghall Amblers

A date and a venue have yet to be organised for the June walk, but if you are interested, or require any further information about the walks/group, please ring Avril on **01953 888483** or Sylvie on **01953 888343**.

We normally leave the Market Place at 10am (car sharing where possible) and have a walk somewhere for about an hour, and then have lunch at a convenient hostelry near the chosen walk.

Mobile Library



Stops

- 10.05am – 10.25am, Market Square
- 10.30am – 10.50am, Church Layby
- 11am – 11.20am, School Close

Dates

- Friday 3rd June

The Kenninghall Noticeboard

St Mary's Bell Ringers' Practices



June: 1st, 8th
15th, 22nd, 29th

Kenninghall Morris Practice



7.30pm - 9pm

June: 2nd, 9th, 16th, 23rd, 30th

Carpet Bowls Club



We meet on Friday evenings from 7.30pm to 9.30pm. Always looking for new members to join.
If you are interested please contact Gerald on **01379 687305**

Parish Council Meeting



June: 7th

Church Fête



June: 4th (see page 5)

Village Cake Stall Market Place



June: 25th @ 10.30am

Oliver's Way



June: 26th (see page 19)

Flower Festival



June: 4th/5th (see page 22)

Kenninghall Gardening Club Visit to Wretham Lodge



June: 9th (see page 4)

Street Party



June: 11th (see front page)

Kenninghall Lands Trust Midsummer Event



June: 18th (see page 23)

Kenninghall Woods Workparty



June: 9th (see page 23)



Events at Redgrave and Lopham Fen, nr Bressingham, IP22 2HX June 2016

Regular events

Wildlife Watch Group

Saturday 11 June, 10.30am - 12.30pm

A club for 6 – 12yr olds, £2

Contact marcus.halmshaw@btinternet.com or call 01379 688333

live happy!
with
Slimming World



Every Wednesday

SHROPHAM

Village Hall
Rocklands Road
NR17 1DU, 7.30pm

slimmingworld.co.uk    **0344 897 8000**

Slimming
WORLD
touching hearts, changing lives

Oliver's Way

Kenninghall has been the home of many amazing, unique people during the years. They are remembered fondly and many have their homes named after them when they leave us.

Oliver Bernard (pictured below) lived in Kenninghall from 1977 until he died 3 years ago. He was a well-loved, gentle and reserved man who was also a nationally renowned poet. Many of us remember him with fondness and recognise the importance of his poetry to the wider world.



A group of Kenninghall people have decided to remember him by two guided circular walks – one through Kenninghall Wood and the other from Kenninghall past the Quidenham Monastery. He was seen daily as he completed either walk. There will be laminated cards giving directions for each walk in the shop and the Red Lion for anyone wishing to follow in his footsteps to borrow. On the reverse of the cards there will be excerpts from his poetry which are about Kenninghall and the surrounding area.

A small plaque will be placed on his cottage in East Church Street to point out to visitors where he lived and the dates.

There will be an opening walk of the shorter way, through Kenninghall Wood, on Sunday 26th June at 2.00pm. This will start and end at the Red Lion. Thanks to Ade, Marie and their daughter Ruby, the present owners of Oliver's cottage; Lucy Whittle and the Lands Trust; Christian for the signs; the land owners; Steve Harold of Suffolk Pottery; and Oliver's family.

Angela Alexander



Preparations for the spectacular celebrations in the Dam Green Republic are proceeding apace and while her Maj. has complicated the situation considerably by choosing the very weekend of our Republic's anniversary to celebrate her 90th birthday, we have come to an accommodation with the royalist tendency in the parish and as you probably know by now we have agreed a 50/50 split.

Saturday the 11th June will be given over to us in the Republic and Sunday the 12th June will be exclusively a royalist affair. The Republican do will be loud and raucous and will probably lack the blessing of the church but it should be fun. I have little or no idea what is planned for Sunday, but I imagine it should stand the light of day rather better than our goings-on and hopefully we'll all be in good shape for some frantic flag waving. So; best of luck to the other team!

The guest list for the Saturday night is growing fast and among those invited are a number of famous people such as my colleague Barack. While he hasn't actually accepted yet, neither has he said categorically that he will not attend this auspicious occasion so we remain hopeful that he and the lovely Michelle will grace us with their presence.

There has been an apparent reluctance to apply for pass-sports for the

Republic and while we are not too worried that we'll be the only ones here, I would like to point out that pass-sport applications on the night might require large incentive payments to our hard pressed immigration personnel. So save money and apply now! The Oath of Loyalty is surely not such a big deal as all that, so let's be havin' you!

We plan to supply some sheets of corrugated iron and a few pop-up tents left over from Glastonbury for those who do not have the proper paperwork but we will not be able to accommodate an endless stream of illegals.

The 'Adopt a Dutchman Scheme' (part of the twinning of Amsterdam and Kenninghall) is working very well indeed. Having launched it informally some time ago, most of the invading Dutch have now found homes for the weekend but there are still a few who are looking for digs. Anyone willing to give a home to one of these strange creatures should apply in writing to robertcrone55@gmail.com and we'll ensure that a suitable match is found.

Dutch people are easy to spot as they all have orange hair and orange faces and they wear inflatable clogs and tulips and windmills on their heads.

Even when blindfolded, one can pick them out of a crowd with ease because they speak superb English and rarely make grammatical errors. They are invariably tall, handsome and intelligent and often brilliant conversationalists so I hope and trust that you will make them welcome and grasp this opportunity to improve your language skills at the same time.

The Party starts at 7:30pm on Saturday 11th June.

Look forward to seeing you.

// Presidente

FLOWER FESTIVAL

FLOWERS AND ANGELS

St Mary's Church
Kenninghall

Saturday 4th June
12 noon – 4pm

Sunday 5th June
11am – 5pm
(to be followed at 6pm by Evensong)

History of St Mary's Church, Kenninghall
by
Clive Payne

Saturday 2nd July

at The Church

Talk starts at 7 pm

Tickets : £7.00 (including glass of wine and nibbles)

Tickets available at the Village Store and at the door



by *Lucy Whittle*

Tree News

This year's Midsummer Event is on Saturday 18th June. The procession from the Red Lion, led by the Morris Dancers, will set off at 6pm to the wood, where the school children will be putting on their usual excellent display of music, dancing and singing. This will be followed by more Morris Dancing and then the ceilidh band will start up at about 7 o'clock. The scouts are running the BBQ again and Katie and Emma will be selling more of their delicious cakes and strawberries. Why not get up a party and come con down to the Wood and dance the night away under the stars!! Bar and BBQ and all the usual fun.



Sometime at the beginning of the proceedings we will have the "Grand Opening of the New Hut" - that is very exciting.

We could always do with some help setting up for the Midsummer Do putting up marquees, etc. We plan to start at 9am (earlier than usual). The event will take place at the site of the old hut, so meet there.

Just a quick reminder that if anyone would like to camp in the wood don't forget to give me a ring or text on 07833385039.

The next workparty will be on Thursday 9th June - 9.30am to 12.30pm(ish) with a break at 11am. Do come along, it's fun and rewarding. See you there!



KENNINGHALL ALLOTMENTS

Opposite Dr's Surgery, Quidenham Road.
Are you aware that Kenninghall has allotments available? If we don't use them, we could lose them. Are you interested in

growing your own healthy produce? (and owning your very own shed!)

It's a beautiful peaceful sunny area.

The allotments have recently been ploughed and marked out for smaller sized plots.

Interested?

Contact: Tom Charles @ Strutt & Parker 01603 883612



Kenninghall Carpet Bowls Club

In the SNCBF Waveney League we have won our zone, and will play Roydon, winners of the other zone, in the final.

We went to Wortwell to play in the NCBA 5-a-side squad team. Rosemary, Roger and Colin were the winners of the triples. The

main trophy was won by Rosemary, Vanda, Phyllis, Roger and Colin. We have also reached the final of the SNCBF knockout cup and will now play Barnham Broom.

In the SNCBF league which we won we will now go to the finals to be played at Wortwell on May 15th, where we will play the winners of the other leagues, which are Wortwell A and Reepham Robins.



"All Fudged up is a bespoke fudge company. Think of your perfect fudge and we will make it a reality for you. www.facebook.com/allfudgedupnorfolk.
allfudgedup@outlook.com"

EAST HARLING OLD SCHOOL VILLAGE HALL

Available for hire at reasonable rates
Large hall with modern kitchen and toilets
Suitable for parties, dances, events, meetings etc.

For all enquiries and further details please contact
Mary Ebbs: 01953 717768 or mary.2004@hotmail.co.uk

Emma Broom BSc(Hons)Ost,
Registered Osteopath.

Gentle and effective diagnosis, management, treatment and prevention of musculoskeletal and other related disorders including headaches, migraines, neck and back pain, trapped nerves, postural problems, sporting injuries, muscle and joint deterioration.

Tel: 01603 813987
Rowan House, 28 Queen's Rd,
Hethersett NR9 3DB

Hi, I'm a private carer who lives in the village and works in and around the surrounding areas. I'm highly trained and qualified, offering you a one to one service for your unique needs.

Personal Care
Moving and handling
Transport: shopping, appointments, etc
Food preparation and cooking
Housework, including ironing
Or, indeed, any help you may need to make your life easier

Give me a call and let's have a friendly chat

Janice Attenborough:
01953 888858
07443339379

Good references, testimonials available
Full Police Disclosure

The Stable Caterer

For all your catering requirements

Bespoke, quality, home produced catering - individual meals, cold/hot buffets, savoury and sweet snacks, gift selection boxes. Choice is only limited by imagination!

07827 276622 and 01953 716043

catherineross5720@hotmail.co.uk
www.thestablecaterer.co.uk
Kenninghall, NR16 2EN



ODD JOB/HANDYMAN

HOME or GARDEN

PAINTING, PAVING, ALL DIY
FENCING, GRASS CUTTING
PRESSURE WASHING
ANY JOB CONSIDERED
NOTHING TOO BIG OR SMALL
PLEASE CALL GUY ON

07584122330



Work Wanted

Mature Sixteen Year Old GCSE student at Thetford Grammar School looking for casual work in the weekends or any evenings at very reasonable rates - If you need a hand with the lawn, with babysitting, with anything else or just for more information, please give me a call!

Contact James Sibley on
07867304054
or Email J.sibley@live.co.uk

ORGANIC HORSE MANURE

Large quantities of pure, organic, Falabella Miniature Horse manure, removed from our fields daily.

Very fast rotting so can be used immediately and can also be used for hot-beds.

£1.50 per huge sack (approx 35kg).

Stable manure with some pine shavings, suitable for composting.

£1.00 per large sack (approx 25kg).

Or fill your own trailer - £5.00.

Also: regular large quantities of pine shavings bedding containing the urine (which is high in potash) and can be useful for mulching, composting, organic weed control and used around fruit trees/bushes to increase yield – free of charge.

01953 718548

(Bridgham)

Please call between 1 – 2pm

Or email mail@falabellahorses.com

www.falabellahorses.com

NEED A Grand Design?

WANT TO RENOVATE OR
EXTEND YOUR HOME?

- WE GUARANTEE WE WILL BEAT ANY GENUINE QUOTATION
- FREE CONSULTATION
- FULL DESIGN PLANNING FOR COUNCIL APPROVAL
- BUILDING REGULATIONS
- PROJECT MANAGEMENT WHILST ON SITE

CALL US NOW ON

01359 232507

LEWISMN@TESCO.NET

5 HEATHER CLOSE, THURSTON, BURY ST EDMUNDS, SUFFOLK IP31 3PX

Graham's Gardening Services

FOR ALL YOUR
GARDENING NEEDS

Call me on: 01379 741491
Mob: 07765 388082



Image: freedigitalphotos.net

The Foot Health Clinic

In the comfort of your own home

Professional treatment of foot
related discomfort including:

**Corns
Callus
Cracked heels
Thickened nails
Fungal Infection
Ingrown toenails
Athletes foot
Verrucas
Nail cutting**



Call David today for an
appointment on:
07503091122

David Casey
SAC Dip.FHPT.FHPP.

THE HAPPY ANGEL CLEANING COMPANY



WHAT WE OFFER YOU:

A full range of domestic support
Hospital to home care
Moving home clean-moving in/out
End of tenancy clean
After party clean
Fully insured and vetted staff
All equipment & materials supplied
Quotation to suit your budget

07796 108245

happyangelco@btinternet.com

NORFOLK GLAZING

SECONDARY GLAZING, UPVC WINDOWS & DOORS

*Drive down fuel costs, add value and
security to your home.*

REPLACEMENT GLASS and SEALED UNITS

We offer replacement glazing and double
glazed units to prolong the life of your
windows.

GLASS SPLASH-BACKS and MIRRORS

Simple but effective improvements for your
home.

No job too small!!!

*For a free quotation
Contact Richard or Alex*

01263 734127, 07778 836432 or 07825647775
aasecondaryglazing@hotmail.co.uk

Firewood

***Top Quality Fire Wood at
Affordable Prices***

Now Barn Stored



Bulk loads
At Competitive Prices

Free Local Delivery

We also stock
Briquettes, Kindling,
& Bagged Fire Wood

Tel Mark
Home 01953 885730
Mobile 07766 225366

Tel Robin
Home 01953 483339
Mobile 07774 257759

SWEEPERS

Chimney and Flue Cleaning Services

FOR A PROFESSIONAL SWEEP

Call Marty on

01953 888544

07826 595385



Email: marty.the.sweep@gmail.com

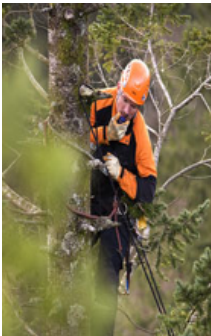
EVENING AND WEEKEND SERVICE AVAILABLE

CHRIS HUNTER TREE SERVICES

TEL: 01953888745 / 07776253867

**FAST, FRIENDLY SERVICE,
QUALIFIED AND FULLY INSURED.**

**ALL ASPECTS OF TREE WORK
INCLUDING:**



**CROWN REDUCTIONS,
TREE FELLING,
DEADWOOD REMOVAL,
HEDGE CUTTING,
STUMP GRINDING,
WOOD CHIPPING,
WOODLAND
MANAGEMENT.**

Andy Free



**Independent Family Funeral Director
Fairfields, High Street,
Attleborough, Norfolk**

Andy Free and Jane Patrick have been quietly helping and guiding bereaved families in Kenninghall and the local area for many years to arrange a funeral service to reflect the life which has been led.

You can visit us at our relaxing funeral home or, if you prefer, we can visit you in the comfort of your own home

Guaranteed pre-paid funeral plans and memorialisation available.

**“We believe the smallest of detail
makes the biggest difference”**

Contact us on **01953 452455** (24 hours)



For All Your Electrical Needs.

From an extra socket to a complete re-wire.
Mains upgrades to a new light fitting.
Part P registered.

**No Job Too Small.
No VAT To Pay.**

Please Call Ritchie On

01953 888994

07774 067988

ELECSA
Part of the ECA Group

**Part P
Approved Contractor**

GARYBELL

Carpet Fitting Services

40 years experience

Sisal and natural
carpets

31 School Close
Kenninghall
NR16 2EL

Call on
07951425905
01953 887639
GARY BELL 144@BTINTERNET.COM



PET CARE SERVICE

Would you like
your dog walked
when you are at
work or your
animals cared for while you
are on holiday?



Many years' experience in caring for
dogs, cats, rabbits, Guinea pigs
and horses.

References if required.

Personal and reliable service with
reasonable rates.

Call Diane on **01953 887273** day/eves.

YOU COULD BE ADVERTISING HERE!

Over 300
households
will see this ad!

Contact:
article@kenninghallnews.org.uk
or phone Anne Wood on
01379 687230

M.G. Motors



Accident Body Repairs
Insurance Work Welcome
MOT Preparation
Servicing (All Makes & Models)
Free Courtesy Car
Over 35 Years Experience

Oak Tree Farm, Heath Road
Banham NR16 2HS

01953 888177 / 07788718344
cars@mg-motors.co.uk
Mervyn Green

M&J Carpet Cleaning

3 rooms steamed cleaned for just £49

Upholstery from £35

**Other cleaning services available:
curtains, mattresses...**



Ring Michael on
01362 692295
or
07902 571365

C&H Groundworks

**25 years experience in all forms of
groundworks and landscaping**

**SPECIALISTS FOR DRIVEWAYS, CAR PARKS,
PATIO/PAVING, CONCRETING, ASPHALTING,
DRAINAGE AND FENCING**

**Landscaping/Ground Clearance and
Excavation**

**Brickweave, Turfing, Ponds, Lakes and
Foundations**

Lorry and Digger Hire - Available with Driver

Domestic and Commercial Work Undertaken

For a FREE no obligation quote just call
01953 452821 or 07818 272957

MR VAN CAN DO MAN AND VAN

- **SMALL LOCAL REMOVALS**
- **ALL CLEARANCES**
HOUSE
GARAGE
SHEDS
- **GENERAL DELIVERIES**
AND COLLECTIONS



TELEPHONE ANDY ON 01953 888131

**BED
HEAD**
TIGI



APPLEYARD HAIR

01953 887067



Unit 9 The Appleyard
Banham, Norfolk
NR16 2HE

*Sarah's
Folly*

Back Lane
Kenninghall
07584 027000
01953 888123

Qualified and experienced Beauty Therapist

Price list

Half leg Wax	£10
Full leg Wax	£16
Bikini Wax	£6
Underarm Wax	£6
Eyebrow Wax	£3
Lip and Chin Wax	£5
Forearm Wax	£7
Back Wax	£10
Eyebrow Tint	£5
Eyelash Tint	£7
Deep Cleansing Facial	£15
Make Up	£15
Full Body Massage	£20
Back Massage	£10
Manicure	£8
Pedicure	£10

Lindsey Imeson BSc.(Hons), DipCABT, CAPBT

Companion Animal Behaviour Consultant

Qualified and Experienced Behavioural Consultant with over 8 years of helping people with their dogs and cats.

Personalised one to one support and training in your own home.

All behaviour training is science-based and involves the use of effective, positive-reinforcement techniques. All aspects of environment, handling, nutrition and the animal's history are considered in developing a personalised treatment plan.

Experience with helping owners with all aspects of canine and feline ownership from puppyhood to senior years, including rescue animals, animals with lifelong medical conditions requiring behavioural support and post-operative rehabilitation.



East Harling
Norfolk NR16 2PT
Tel 01953 717 990
Mob 07730 985 968

Email lindsey.imeson@btinternet.com



Classic & advanced beauty treatments

Waxing Manicure Pedicure
Eye treatments Facials Make-up
Ear piercing Nail enhancements
Gellish Chemical peels and more

☎ 01953 888451 or 07585 247550

6 Crown Meadow
Kenninghall NR16 2FE

www.angelitebeauty.co.uk



J W Construction (East Anglia) Ltd

Benefit from our 30 years experience

New build
Extensions & Maintenance
Refurbishment

Visit our website for more information
www.jwconstruct.com

01953 888123

07733 152770

jeremy@jwconstruct.com

July 2016 edition

Adverts

To place an advert, please call Anne Wood on **01379 687230**. A charge of £3 is made for 1/4 page ads, £12 for full page ads. If dropping money for ads into the village shop please remember to include your name and company name and make sure the money is secured in a sealed envelope. There is a charge of 50p per ad for "Classified" ads.

Please email ad artwork to **article@kenninghallnews.org.uk** or place in the shop **by Wednesday 15 June**.

Ad specs

1/4 page: 67mm width, 93mm height

Full page: 138mm width, 190mm height

News and articles

Please email all news and articles to **article@kenninghallnews.org.uk** Please send in all articles **by Wednesday 15 June 2016**.

e-news

If you would like the Kenninghall News sent electronically in PDF format in addition to your paper copy, please email a request to the above email address.

Any loose inserts delivered with the News do not represent the views of the Kenninghall News