KENN

Issue 411 November 2022



NEWS & VIEWS

November Birthdays & Anniversaries

9th Andrew Jenkins

10th Irene Stowell

12th John Allison

Oliver Hill

Sue Baber

13th Sheila Naish

Jody Stowell

16th Miles and Sheila Naish - W.A

22nd Emma Palmer (Smith)

27th Rebecca Brett (Fenwick)

Sarah Melling (Griffin)

28th Sarah Clark

Jo Manning

28th Grace & John Griffin - W.A.

29th Richard Jaehme

Our flag was flown at half mast on 4th October to mark the cremation of Joyce Down

St John the Evangelist, Kenn

AL-



GUILD



Christingle in Kenn 2022 St John's Church 11.00am Sunday 27th November

Everyone Welcome!

St John's Kenn will be one of the earliest churches in the country to hold a Christingle Service this year!

Come and enjoy the sensations of the Christingle, see the colours of all things in it, smell the orange, taste the fruits and the sweets, feel the pointy sticks.

But what about hearing the Christingle's story and purpose?
You can hear that from someone else in the service.

JB & JB

Church Floodlighting -

Now the nights are drawing in - you may wish to remember someone by having our church floodlit.

If so, please contact
David Pugh 874278.

A small donation towards the cost of power is appreciated.

Dear friends,

November is going to be a busy month but before saying any more a BIG thank you for your help in supporting Ripple Effect (formerly Send a Cow) and the Foodbank at Harvest and also to everyone involved who decorated the church as it looked stunning.

There was a sizeable donation of food to the Foodbank and £250 for Ripple – hurray! Also huge thanks to Caroline and John for a very successful and very delicious Harvest lunch.

A few noteworthy dates for us at St John's in November:

November 12th A wonderful concert at the church at 7pm with Rachael Cooper and Sue Parker with drinks and nibbles included in the £10 ticket. It's going to be a great evening so please get your tickets from Margaret and John Ball, Sue Parker, or myself.

The proceeds are going towards the improvements to be made to the entrance and porch so that it is safer for everyone with a more even surface and no step down. PLEASE join us!

November 13th at 10.50am we will gather for the Act of Remembrance in the churchyard and all are welcome even if you would rather not join us for the service that follows in church.

November 27th at 11 we shall have our annual Christingle service, an all-age fun affair that will be followed by refreshments. All the proceeds from this will go to the Children's Society and you can make your donations in a special Children's Society envelope or donate online at https://www.childrenssociety.org.uk/

I know it is still a while until Christmas but if you would like to help or take part in the Crib service on Christmas Eve at 3pm then please do get in touch and email me at franbindingkks@gmail.com as I'll be planning soon! I think it is going to be about a rather grumpy innkeeper.



The Coffee Morning in the Church Room 10-12 on November 26th will be for Present Aid and if, like me, you struggle to think of good and appropriate gifts for friends and family then I suggest you pop along!

Love to all.

Fran







All Saints' Kingston Seymour

Services at St. John the Evangelist Kenn and All Saints' Kingston Seymour November 2022

November 6th

11am All Saints' A service of celebration for 750

Years of ministry in the parish

November 13th

10.50am St John's Act of Remembrance beginning in

the churchyard followed by Holy

Communion in church

3pm All Saints' Act of Remembrance at the Village

Memorial followed by a service at

the Church

November 20th

11am All Saints' Holy Communion

12.30pm All Saints' Baptism



November 27th

11am St John's All-age Christingle Service

Every Tuesday and Wednesday 8.15am
Team Morning Prayer on Zoom

Kenn Village Market and Coffee Morning

The October market was fairly quiet, but thank you to all who came along.



A big thank you to Andre for helping and providing cake. £70.00 was raised and sent to the Parkinson's Society.

The November Market is on Saturday 12th and promises to be full of stall holders, some of them new, selling items such as Cakes, pickles, chutney and vegetables. Hand made cards, children's knitted garments, wood turning, silver jewellery, pottery, painted bird boxes, fresh flowers, books and much more.

Refreshments will be provided by Kenn W. I.

So do come along ,you are sure to find something to tempt you!

Lyn and Maggie

Andre Olsen has passed on donations, raised at our Village Markets, of £94.44 to Weston Hospicecare and £70 to Parkinson's UK Their letters of thanks are displayed in the Village Hall Noticeboard.

KENN CHURCH ROOM - CHARITY COFFEE MORNING

Saturday 26th November 10.00 -12 noon



Charity — Present Aid - Hostess Celia Andrews

Come along and choose special gifts for special people

The W.I. was pleased to raise £88 for St Peter's Hospice at the October Coffee Morning and thanks everyone for their support.

KENN NEWS & VIEWS ISSUE 411 NOVEMBER 2022

Village Hall Booking Secretary:

Lyn & Nigel Burnett 01275 870189 Kvhallbooking@gmail.com

Parish of Yatton Moor

Parish Office 01934 832184

teamoffice.yattonchurches@gmail.com

St John the Evangelist Priest in charge;

Revd Fran Binding 01934 830120

Churchwardens

John Ball 01275 874077

078 1667 1304

Julia Bush 01275 873554

Church Floodlighting

David Pugh 874278

Village Flag Flying:

Marianna or Robin 340323 Chris Taylor 872781

Altar Guild Secretary:

Marianna Mackay 340323

News & Views:

Margaret Ball 01275 874077

Email: Margaret.john@btinternet.com Chaseside, Kenn Street, Kenn



Saturday 13th November 10-12 noon

North Somerset Times

Don't forget that copies are freely available in the porch at St. Johns from Wednesdays.



NOVEMBER Waste collection MONDAYS

Recycling & food waste 7th,14th, 21st, 28th November Dustbin 14th and 28th November







Clevedon Salerooms Ltd, The Auction Centre, Kenn Road, Kenn, Clevedon, BS21 6TT https://www.clevedonsalerooms.com

Antiques, Interiors, Collectables & Jewellery

Thursday 3rd November Auction starts 10.30am

Viewing Wednesday 2nd November 10.00am—5.00pm

Quarterly Specialist Sale

Thursday 24th November Auction starts 10.30am

Viewing Wednesday 23rd November 10.00am to 5.00pm

Catalogues can be viewed at www.clevedon-salerooms.com



SINGING OF POPULAR CHRISTMAS CAROLS ACCOMPANIED BY THE RETURNING LOCHRIAN FAMILY BAND

MINCE PIES AND MULLED WINE WILL BE SERVED AT CHURCH PATH COTTAGE FRIDAY 16th DECEMBER @ 7pm



Monday November 21st.

2-30 to 4-00pm

in Kenn Village Hall.

Cakes and biscuits in all the usual variations (GF, vegan and those with everything we can cram in).

Thanks to everyone who took over when I had to leave early,

Julia B



"Pop Up Bar"

The bar is back, we will be opening the bar at Kenn Village Hall again on

Saturday November 5th 7-10pm.

We will also be lighting the bonfire but no noisy fireworks please as we have lots of cows, dogs and cats around the area.

John, John and Nigel



Please join Rachel and Andrew in celebrating the life of Joyce Down

On: Saturday 19th November from 2:30 pm (until 5pm)

At: Kenn Village Hall, Kenn Street, Kenn, Clevedon, BS21 6TL

Tea, cake and muffins will be served

RSVP by Saturday 5th November to: rachel@downscote.co.uk or 07840 942526

Lunch Break

A very warm welcome awaits anyone who fancies coming for lunch at the Village Hall

Homemade soup, bread, cheese, homemade cake and, of course, tea and coffee all served at your table.

A donation of £5 per person goes towards the cost of the lunch and any leftover money is donated to the local food bank.

So, if you work from home, are retired, or otherwise free on a Monday lunchtime please pop along and share lunch with friends.

Next Lunch Break - Monday 7th November 12-2pm

Christmas 💆 🚣 Lunch Break – Monday 5th December 12-2pm

Hope to see you there!

Sarah and Tim

Lunches. This is the final closure on my tenure as organiser of the lunches. My good friend Julia Bush has witnessed the receipt for £91 that went to the foodbank. I am looking forward to attending the lunch in its new format organised by Sarah Rossiter. Caroline xx

Memories of Joyce Down

We would like to share a few personal thoughts and memories of our friend Joyce, following her sad passing. We send our heartfelt sympathy to Rachel, Andrew and her sister, Helen.

Before moving to Kenn in 2000, Joyce, her husband Robert, and children Rachel and Andrew, had a busy and happy life in Bristol. Joyce, for a short time, set up a catering business with a friend, but her main career was as a P.E. Teacher at Redmaids School. While her body allowed, she has always tried to stay fit, and not so long ago, regularly swam many lengths at local pools. She always maintained her friendships with her old college teaching friends.

One of Joyce's greatest loves, apart from her family, was classical music, especially Sibelius. For 50 years she was a regular supporter of classical concerts at the now renamed Bristol Beacon, until it closed for renovation. When we saw Joyce at the last concert, she said that she did not think she would see another performance there. Sadly, she was right. Joyce had a good friend in the London Symphony Orchestra and would often travel to London to see them play. She was so delighted, during lockdown, when Andrew set up a means of her watching streamed classical concerts on her television.

When Joyce and Robert moved to Kenn, they soon fitted into the contrasting life-style of city to village. They were kept busy as they both enjoyed DIY, setting up their new home as they wanted it. Another of Joyce's passions was gardening, and so much time was taken in that. The garden always looked beautiful, and you could always spot a duck or two in it!

They also both went out of their way to enter into the community life of Kenn, and helped set up many village events. Joyce had a love and knowledge of antiques, so she particularly enjoyed the old Kenn jumble sales that were run in the Hall. Joyce and Robert, along with Grace and John Griffin, (as Lyn and Maggie commented last month), were the instigators of our Village Market. Joyce worked hard to bring in new sellers. We will fondly remember her running the book stall. Following the passing of her lovely husband, Robert, the book stall became even more important to Joyce. Over more recent years she has managed to raise a considerable amount of money for Weston Hospice, selling books and Robert's skilful photographic prints and cards. She will be hugely missed now as we walk into the Market.

Joyce always adored cats, particularly black ones. Her most recent pair gave her great joy, company, and comfort while she coped with her life without Robert.

Now they will be in safe hands with Rachel, as life moves on.

Jan and Colin Bedford

If you walk along the unlit roads of Kenn Please carry a torch and wear something reflective.

CAR DRIVERS cannot <u>always</u> see walkers, especially those in dark clothing, until they are almost alongside their car.



KENN W.I.

October is a busy month for members of Kenn W.I. At their meeting nominations were taken for the Committee which will take up office in January.

We were delighted to welcome Jane Bell, from Kingston Seymour, who came to tell us all about her family's involvement in farming in Canada a hundred years ago.

Some of the names were very familiar to us and it was good to see pictures of our one time member Rene Kingcott when she visited the area that the family had farmed. Jane was our last speaker before we were forced to close because of Covid, so we were pleased to see her.

October is our birthday month and members took themselves off to the Greedy Goose in Flax Bourton for a carvery meal.

2023 is the 70th anniversary of the formation of the Institute in Kenn and members hope to do something special to celebrate it.

Suggestions are being received and will be considered when we have them all.

The charitable work that members do continues. Diane Woolf had paid a visit to the Bristol Mission for Seafarers with the clothing and jigsaw puzzles that members had brought. They were all very gratefully received and we were told that seafarers would like us to knit Teddies for them to take home to their children. We shall all begin to knit them.

A Coffee Morning was held in the Church Room for St. Peters Hospice and £88 was raised. This will be sent to them with the proceeds of the Coffee Morning to be held at the Village Market in November.

Preparations are under way for the Flower Demonstration on Wednesday 16th November which is being given by Natasha Stone.

This year we are able to invite people so we hope that a lot will come along.

All the floral arrangements will be in the Raffle so several lucky people will go home with some beautiful flowers.

Ann Holtham

Bird News

October is the month when Jays become more visible as they collect and store acorns, planting a few oak trees in the process. There are lots of acorns for them to choose from this year and lots of seeds and fruits generally. It is also the main Autumn migration month with lots of species heading south. Our Swallows and House Martins had gone by mid month and Skylarks could be heard passing over on fine mornings.

A lot of birds follow the channel and there have been lots of Linnets and Meadow Pipits in particular but flocks of 70 Greenfinches and 40 Siskins were notable.

Some birds move inland with reasonable numbers of Linnets and Meadow Pipits stopping to feed up. Redwings arrived in small numbers at the end of the month, big coastal flocks were probably birds heading to Europe.

We don't particularly think of Woodpigeons as migratory birds but northern populations most certainly are. I spotted a hundred heading south on the 29th.

There have been quite a few Kingfisher sightings indicating a good breeding season and big flocks of Goldfinches were feeding on thistles throughout with plenty seen in gardens too.

Stonechats have returned to their winter territories whilst Cetti's Warblers have resumed singing to maintain their wintering spots, one was making itself heard In Stowell's Reed bed at the month end.

Little Grebes were on the Kenn, the Blackditch and the Yeo, often they don't arrive until the water levels have been dropped.

On the estuary the ducks seem to have arrived early too with lots of Teal and Wigeon whilst I counted 400 Shelduck. Not so the wintering waders still in low numbers with the exception of Redshank, but there were 20 Grey Plover present.

Waxwings have started to arrive in Scotland and huge numbers of Fieldfares and Redwings have been reported in the north of England.

With lots of fruits here we may have a lot of Scandinavian visitors this winter.

Trevor Riddle. 01934 835208.



You are invited to join in for an hour over four sessions and, travelling initially to Galilee looking at the life and ministry of the adult Jesus, explore the reason for His coming to earth, who He was, what He came to do and how this challenges and changes our lives today. Videos from the Holy Land, power point and discussion will help us have a bigger picture of the baby in the manger and prepare us for Christmas celebration. These Advent sessions are a gift to you!

TUESDAY AFTERNOONS AT 2.30pm

in the Chapter House, St Mary's Church, Yatton

22ND & 29TH NOVEMBER and 6th & 13th DECEMBER

EVENING SESSIONS AT 7.30pm in St John's Church, Kenn

WEDNESDAY 23RD & TUESDAY 29TH NOVEMBER

WEDNESDAY 7TH & 14TH DECEMBER

Please book in ASAP by contacting the Parish Office

office@yattonchurches.org or ring 01934 832184

Anyone requiring help with transport please contact Fran Binding or John Angle

A Great Gatsby Evening Kingston Seymour Village Hall Saturday 19th November



Would you like to join our Kenn Singers?

Would you like to join our Kenn Singers?

Fran has invited us to sing at St John's Christmas Service

6pm Sunday 18th December

I'd be delighted to hear from any villagers interested in being involved.

No previous singing experience needed and a warm welcome guaranteed.

We will only need a couple of rehearsals and will decide when to meet depending on people's availability.

Let me know if you're interested Sue Parker, Duck Lane

suzyjeg@hotmail.co.uk We will only need a couple of rehearsals and will decide when to meet depending on people's availability.

Let me know if you're interested Sue Parker, Duck Lane su

Parish council

We were due to have representatives from National Grid, Hinkley Connection at our October meeting, however they were unable to attend and so they have booked the **Village Hall** for a project information event on **24th November.**

This is for all the surrounding areas which are affected by the National Grid pylon works.

Invites will be issued to the residents of Kenn to go along and meet the team and view maps, ask questions and provide information about the works between Sandford and Avonmouth.

All welcome to attend.

Sheila

AGM The Friends of Kenn Church - Tuesday 18th October

Churchyard/Church Maintenance - Thanks were expressed to Jo Leonard, Chris Taylor and Ben Woods, for their work caring for the churchyard, also to Joan Stevens and members of the Altar Guild for their help in caring for the church.

The Church Room has been refurbished and is now being used as a base for Rev. Fran Binding, coffee mornings and as a meeting room. The Boiler House - roof has been retiled and boiler house generally refurbished. The chancel area has been re-ordered, carpeted with new seats.

Warm Spaces - It was agreed, (with the hope that it would not be necessary) that the Friends could make a grant towards the cost of extra heating of the Church Room if it was used during the winter to offer a Warm Space for those having difficulty in heating their homes.

Church Porch - Noticeboard thanks to John Hayden and John Ball for an extra noticeboard. Quentin Alder, the architect, had concerns about the uneven levels and ramp in the church porch. Plans are being drawn up and when agreed this work will require a faculty.

Margaret Ball Secretary

Kenn Village Hall

Christmas Decorations plan to decorate on Friday 2nd December for Christmas Lunch Break on Monday 5th, Christmas Market 10th and hopefully a

Children's Party - Date to be agreed

A fun, free party for all the children in Kenn.

More info to follow.

Clevedon Food Bank.

I'm so pleased to say that Liz Jaehme has volunteered to take on the collection and delivery of donations to Clevedon Food bank from Kenn.



These can be left in the box in Kenn Church Porch or by arrangement with Liz in the porch at Carpenters Farm, Kenn Street.

Liz's email address is lizjaehme@hotmail.com.

A big Thankyou to everyone who has donated over the last two years,

Julia Bush

At the moment the items most wanted are Cereals, Instant mash, 1 kg Rice, Microwave Pasta, Microwave Rice, UHT Whole Milk 1ltr, Fruit juice, Razors.

Looking forward to Advent and Christmas. If you want to give Advent Calendars, by 25th Nov please, it's much more meaningful if they can be started on Dec 1st.

The Foodbank is not sending out gifts this year, instead, please donate Supermarket or High Street vouchers (Plastic Cards) — by 1st December please

The thought behind this is that the Christmas boxes will contain seasonal items and veg, the vouchers to be used the main items of Christmas meals.

For anyone wishing to donate direct - these are our bank details

Clevedon and District Foodbank CIO

Account Number: 41477102 Sort Code: 40-17-50

The passing of HM Queen Elizabeth II

The day Pip met the Queen.

What an honour it was for Pip to be invited to do a presentation to Queen and Prince Philip at her work place of John Smedley who have the Royal warrant.

A day never to be forgotten by Pip and all our proud family .

From her mother Heather Jenkins



Sarah Melling daughter of John and Grace Griffin, was among those who filed past the coffin at Westminster Hall — she reports "I queued for 14 hours. Started my journey at Southwark Park at 11am and eventually walked past the coffin at 1am on Saturday morning. I went up to London on my own and met some lovely people along the way. It was an incredible experience I shall never forget." (sadly the screen-shot photo was not good)

Geoff Marchant wrote with some thoughts and memories.

Good to see the bell played a prominent part for the funeral and associated events. I had long thought I would be able to ring for both the Queen's funeral and the next King's accession but it wasn't to be! I am now back at home after 6 weeks in Somerset House on respite care; respite for both for Eleanor and myself!

I was so hopeful to ring for King Charles III accession and Coronation as I had been so proud to be asked, with another young lad from Cranford, to join other Middlesex bell-ringers on 14th November 1966 to ring the 8 bells in the Curfew Tower at Windsor Castle to celebrate Prince Charles' 18th birthday. Derek Fowles from Bray, Berkshire, was the organiser and he decided to involve us younger ringers as we would probably never get the chance again to ring at the castle. (I was at that time working for Comprehensive Designers Incorporated on the Lockheed C5 aircraft at Southall, Middlesex.) What an experience that was too!

I have recently been part of a group at the care home doing exercises to regain usage of our various limbs but none of those exercises compare with what we did that evening in 1966 - from memory the Castle bells were not some of the easiest to ring! - the tenor, (heaviest bell with lowest tone) being 26cwt. compared with Kenn's $5^{-1}/_2$ cwt.; and not being used regularly or that well maintained, they needed plenty of stamina and some extra muscle power! But it was all worth the effort in that what we were doing was something very few ringers ever got the chance to do. (I never did get the chance to ring at Westminster Abbey or St. Paul's Cathedral.)

The guard who stopped us as we arrived at the Castle gate was ready, for what he considered, a bit of fun - he asked our business and having been told we were bell -ringers and what we had come to do, he put on a most officious manner and declared "we don't have bell-ringers at Windsor Castle!"

Our spirits went down through the car floor...! Suddenly he smiled and shouted "We only have campanologists" and with a great sweep of his arm waved us on through the gate!

'The Note Warehouse' Music School

The Note Warehouse in Yatton opened in January 2022 and was the inspiration of Holllie-anne Bangham, a mezzo-soprano originally from Cleeve in North Somerset. Hollie-anne sings with the English Touring Opera and wished to open a music school with facilities for students to sing or learn musical instruments, and study music theory in a conducive environment.

The Warehouse was converted from the old 'Bet Fred', Yatton High Street and has two soundproof acoustic pods and one teaching room. In the entrance area there is a coffee shop for waiting parents or local folk to enjoy a cosy cup and locally sourced refreshments.

Since opening, the Warehouse has gone from strength to strength and currently has over 160 students of all ages with eleven tutors teaching singing and a range of instruments including, piano, flute, violin, drums, guitar, clarinet, trumpet. Tuition for music theory and performance examinations are available and distant learning can be provided if preferred.

The Warehouse has a piano in the coffee shop which pianists can use to practice and entertain customers enjoying their refreshments. 'Open Mic' or 'jam sessions' are also regularly held for aspiring musicians to entertain each other and customers.

Details of 'The Note Warehouse' facilities and tuition available can be found on www.thenotewarehouse.co.uk.

The Note Warehouse Concert at St Mary's, Yatton, November 26, 2022.

Hollie-anne will present a popular operatic themed concert for the Yatton Music Society at St Mary's Church with students and tutors from the Note Warehouse. The concert will cover a variety of genres from many composers including Handel, Britten, Strauss, Kurt Weill, Billy Joel. The concert starts 7.30 and details can be found www.yms.org.uk

ST MARY'S CHRISTMAS

FAYRE...

Saturday 26th November

10am–2pm at Yatton Junior School.

Admission is free for children,

Lent Retreat at Hilfield 3-5 March 2023

The Retreat is entitled "Living Water" and it will be led by Nickie Fidgin & Rev Nigel at

Hilfield Friary, an Anglican Franciscan Friary in rural Dorset.

There are 14 places available, 2 twin rooms; singles [1 with ensuite]. The suggested cost is £150 fully catered. Please contact the office a.s.a.p. to reserve your place:

Email: office@yattonchurches.org

Phone: 01934 832184

A message from Andrew North ...

Thank you so much to everyone who supported me in fundraising for Blood Cancer UK at the 2022 London Marathon in memory of Mum and my brother-in-law Will.

I am overwhelmed by the messages of support and amazed to have raised over £6,000 for the incredible work of Blood Cancer UK and I know Mum and Will would have been so proud.

During my training I got to know one of the lead researchers at Newcastle University working on this horrible disease and it was really encouraging to hear of their exciting work. It really is time that we put an end to this disease.

Thank you so much, Andy North.

www.justgiving.com/fundraising/Andy-North3

The Galvanised Bin.

Keep the packs and plastic bottle tops coming! There is a small, galvanised bin just inside the driveway at Chapel Cottage. on Kenn Street



Put used tablet blister packs and plastic bottle tops in the bin. I then take them to a collection point in Clevedon.

From a monthly trip to the collecting point it is now weekly. Thank you Kenn for this recycling.

Caroline x

Yatton Local History Society

Tuesday November 1st 7 30pm Yatton Methodist Church

There will be a talk on Backwell and the Brickworks by Roy Ackrill

If you are not a member and want to join or want to register an email address please contact YLHS at yattonlocalhistorysoc@gmail.com

Marianne Pitman

Correction

Thanks go to Tim Taylor for asking "who had called Jack Stowell grandad to baby Kevin and back in March Issue to Molly."

It was me!

Congratulations to Mike and Millie Stowell, proud grandparents of both pf these lovely children.

Our picture taken at the Claverham Ploughing Match shows Molly, Kevin, Kayleigh, Jack with uncle Jack and Sophie.

Sorry, I shall try not to mix up my Mikes and Jacks in future.

If you see mistakes, please tell me.

Margaret



Our Monthly Missive from the Limes

On a global level we have the unrest caused by Russia and Ukraine, with a host of secondary effects resulting from the invasion by Russia and subsequent support of Ukraine by most of the world. It is unclear how it will end and I am willing to bet that few of world leaders considered the possible implications and how future scenarios could play out when they originally pledged to support Ukraine, so they don't know either.

Next, on a more national level we have a government desperately trying to work out some sort of future. By the time this column is published we will have a new Prime Minister but for many of us, whoever comes to office is probably irrelevant as folk struggle to meet their basic needs caused by national and international issues.

Yet more locally we have carnage in Clevedon with the highly contested sea front changes, possible building on the B&M car park, traffic lights and road works everywhere and no bus services.

On top of all this we have people in various desperate personal or family situations wondering how to survive or even thinking if there is a future.

I may be wrong but I suspect that for most of us we have never lived in such turbulent times. The nearest I can think is the Second World War and for most of us that is before our time.

So how do we cope in difficult times, because it can be tough, even without all the stuff I've just mentioned? I'll give some suggestions, but with the caveat that I am not a professional, just a fellow member of the human race travelling along a similar road to many and can't say I have all the answers by any stretch.

- 1. Don't be afraid to ask for help. This is so important. In addition to friends, relatives etc., there are organisations and charities around which you can find in the local directories and papers or by asking around, so don't hold back. (Samaritans are on 116 123)
- 2. Don't be glued to the news or social media. The world will still survive without you checking the news every five minutes.
- 3. Try to see the big picture. See it from a different perspective. Nothing lasts for ever. Empires come and empires go. Leaders come and leaders go. Bad times don't last for ever. It's just hard to see when you are in the middle of it and it seems never ending. I know. I've been through it more than once.
- 4. See the even bigger picture. The Bible (in a modern version!) is worth consulting. It tells you how it started, it tells you how it will end and it explains the mess man has made in the middle and what God has done about it.
- Put your attention on other things. Basically get distracted. Get busy. Go and visit friends, volunteer, take up a hobby, clean the house/garage/whatever.
- 6. Be careful what you expose your kids to. Children are being exposed before their time to much that they are not emotionally ready for and can be too easily impressioned in the wrong way. I am concerned some children could develop depression or become radicalised or extremists, as they haven't developed far enough to process and analyse situations around them. Help them to see both sides of a situation.

Escapism. This overlaps somewhat with (5) above. There is good escapism, bad escapism and escapism I'm not sure about and I'll explain what I mean in the rest of this article and you may be surprised where we end up.

Let's start with bad escapism. You can probably guess this bit. No matter how bad your situation and your desire to escape it, drink or drugs or worse are not the answer. I can understand the temptation but it is wrong and will make things worse. A friend of mine lost his wife just over a year ago and found his way of coping was to drink more than he should. Fortunately he had the sense to share this problem with one or two close friends to whom he felt accountable (and understood) and took my advice not to have drink in the house anyway. As a result of support and accountability his relationship with his children and grandchildren improved and although he may have a blip and he still grieves it is a lot better than it could have been.

Good escapism – go to the cinema, read a good book, go on holiday. Basically you are temporarily entering a different world by one means or another. The downside of course is that you have to come back to the situation but hopefully being out of it for a time builds up some emotional strength.

This leads me onto another more literal and possibly more dangerous escapism......

Most of us are probably aware of computer games that take you into some form of artificial world, either created by you or provided by the game designers. In these games you interact with an environment in some way, perhaps in battles or seeking objects or exploring. These can be addictive, time consuming and in extreme can lead to behavioural problems and withdrawal on a social level. Responsible parents will be aware of this and often limit their children's screen time.

However there are now developments which take this removal from normal life a stage further. You may have heard of Virtual Reality (VR). The concept has been around since the mid 80's but now with faster computers and high speed internet it is now developing at a rapid pace. Basically the idea is that by wearing a special 3D headset and special handsets you can literally cut yourself off from the "real" world and enter an artificial world where your vision, hearing and limb movements enable you to interact in ways that until now have not been possible.

The equipment for this has come down in price and for a few hundred pounds you can get started. Over the summer I had the opportunity to try the kit out as my son-in-law had a kit for training purposes.

There are sites on the internet where a VR world has already been created. Some have you as the only inhabitant, some allow others to enter and you can interact or communicate with other people. In some of those you are safe, in others you can come to harm and although you are not physically present, the effect is so realistic you think you are really there.

The sites I tried out were generally ones of exploration and navigating around a world and are so realistic you really think you are present in them. The experience was so compelling, as it involved most of my senses, that when I took the headset off afterwards it took a little time to re-orient myself back to my world!

One of the advantages of VR is for training purposes, so engineers for example can learn how to maintain machines without having the product in front of them. Also for exhibitions or trade fairs where you don't need to physically go there but can have a virtual wander around exhibits. However it is clear that there is a huge market for gaming and I can see that it can be a very tempting proposition to spend time in a very realistic alternative world than to engage with the real world. That is why I view VR as an escapism that I'm not sure about yet. I'll leave you to research and make up your own mind on this.

Stephen

KENN PARISH COUNCIL

2022

Kenn Parish Council Elections – 4 May 2023

THINKING AHEAD:

- It seems like early days to be thinking about this but the countdown to the first deadline for the election is only 5 months away.
- However, with Christmas and the New Year taking up nearly a month of this, it brings the time down to 4 months (and we all know that can fly by!)

ELECTORS:

This will be the first time voter identification will be required to be shown by all voters at a polling station. Introduced under the Elections Act 2022. Further details on what is acceptable ID will be provided on GOV.UK and on how to request one if you have no suitable form of photographic identity.

STANDING AS A PARISH COUNCILLOR:

Full guidance on how to stand for the elections is on the Electoral Commission's website. The guidance covers eligibility; how to stand; permitted expenditure; the campaign; your rights and what happens after the declaration of the result.

- Become a councillor
- Parish candidates

The Notice of Election is published at least 25 working days before the election date.

This is when nomination packs will be available on the North Somerset Council website. The pack will include essential information about the polls and key documents to complete and return, such as the nomination paper to be hand delivered to the Returning Officer.

KEY DEADLINES:

- Nomination of candidates' (district and parish councillors) time period from publication of the Notices of Election until 4pm on Tuesday 4 April 2023
- Electors Registration to vote deadline 12 midnight on Monday 17 April 2023
- Electors Postal vote deadline 5pm Tuesday 18 April
- Electors Proxy vote deadline 5pm Tuesday 25 April
- Deadline to request Voter ID 5pm Wednesday 3 May

SO WHAT DO LOCAL COUNCILS DO?

Local councils have an overall responsibility for the well being of their local neighbourhood.

Their work falls into three main categories:

- Representing the local community
- Delivering services to meet local needs
- trying to improve quality of life in the local area

They will often work with the principal authority in the area and cooperate to ensure the effective delivery of services to the local community. OTHER PLACES WITH INFORMATION:

Be a Councillor

It takes all sorts.

Local councils: represent your community, make a difference

2022 Meetings

31 October - Council

The meetings will be held at 7:30pm in the Village Hall - agendas on the noticeboards before the above date.



KENN PARISH COUNCILLORS

Sheila Naish (chairman) Neal Breeden (Vice-chairman) Tel: 01275 879 636 Stephen Brain Tel: 07773 211 394 Wilf Bessant Tel: 01275 872 406 Jon-Paul Humberstone Tel: 07990 690 060 Mark Titterton Tel: 07960 240 960 Robert Treble Tel: 07831 316 760

NORTH SOMERSET COUNCILLORS

Steve Bridger Tel: 07762 023 423 Wendy Griggs Tel: 01934 834 143

Parish Clerk - Eleanor Wade

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