Dear Residents
Welcome back to a new year, hopefully you will have enjoyed the festivities and were able to spend time with friends and family.

The two Christmas trees in the village were a joyous sight and appreciated by one and all. Our thanks again to David Healey who is the mastermind behind them and to the super team who put the muscle in to get them into place plus the electrics for the pretty lights, white at the pub and colourful on Empingham Road. Money was generously donated to the school in appreciation by a number of residents. See School news page 7.

YOUR HELP is needed to keep Exton clean!
We are lucky to live in one of the most beautiful parts of Britain. Sadly, however, our countryside is spoilt by the growing spread of litter (fast food wrappers, bottles, cans etc) along the road side.
Exton Parish Council and Rutland County Council are supporting Edward Heckels who is organising a morning of litter picking on Saturday 18 February 2023.

Anyone who wants to volunteer to keep Exton clean should report to outside the front of the Fox & Hounds from 9.30am.

We will be walking a number of “routes” around the village to pick up litter. Please arrive by car, if you have one, so you can drive to the start of your “route” to save time. You should wear bright clothing, water-proof if the weather requires, and bring gardening gloves. Edward will be sourcing litter picking “sticks” and supplying bin bags. Litter pickers can leave bin bags on the grass verge as they fill them up for Edward to collect later that day. Or return them to 2 Stamford Road, Exton. When the work is done, we will be gathering at the Fox & Hounds from 11.30am for a pint. The first drink will be free of charge to say thank you for your efforts!

If you can help, let us know in advance on edward.heckels@gmail.com - or just turn up.

We look forward to seeing you from 9.30am on Saturday 18 February.

MOBILE POST OFFICE will be in attendance on Fridays between 1.15 and 2.15pm. It will be parked alongside the Village Green.

For those who do not already know it is possible to pay in money including cheques for a number of banks over the counter via the post office service. With so many Banks closing down their branches in Oakham, this is a very useful service. I have personal experience of this. A paying in slip is required with most banks, some need a debit card, and at the counter you are given an envelope on which you need to write the sort code and account number; this is then
handed back to the assistant who will give you a receipt. It obviously takes longer to show on the account but is better than travelling to another town. It is important to establish the terms of use for your own particular bank as they may vary. Cottesmore Post Office already provides this service.

**TOURISM IN RUTLAND**

At the request of Nick Hamilton [info@barnsdalegardens.co.uk] Mary Copley, Tourism Officer, Discover Rutland, Rutland County Council, sent the following information to show the importance of the visitor economy to Rutland. Barnsdale Gardens, the Owl Centre and Bakery contribute from this locality.

“Clearly the past few years have shown some anomalies with the impact of COVID, so I will include both our most recent 2021 headlines, and the 2019 the STEAM report;

2021:
> Economic impact of tourism in Rutland in 2021: £105.40 million
> Visitor numbers in Rutland in 2021: 1.32 million
> Employment supported by tourism in Rutland (full time equivalent): 1,202

2019:
> Economic impact of tourism in Rutland in 2021: £142 million
> Visitor numbers in Rutland in 2021: 1.87 million
> Employment supported by tourism in Rutland (full time equivalent): 1,772

The complete STEAM report can be seen here; [https://www.discover-rutland.co.uk/tourism-trade/research/](https://www.discover-rutland.co.uk/tourism-trade/research/)”

[N.B. STEAM = Tourism Economic impact Modelling process which enables us to measure tourism using local data, tourism performance and visitor survey data.]

info@barnsdalegardens.co.uk:
ECONERGY leaflets were received by residents after the last News Bulletin had gone to print explaining some amendments that had been made to the original plan plus some details of environmental assessments. It seems the application for the solar farm off the Avenue was to be submitted during December and is available to view on the RCC website. The leaflet says there will be an opportunity to submit a formal consultation response to the Council as part of the application process. If a favourable decision is made construction could begin in 2024.

CORONATION
Charles III and Queen Consort Camilla’s coronation takes place Saturday, 6th May

Let us know if there are any plans to celebrate in the village well in advance so details can be published in the Newsletter.

‘T’ FOR TUESDAY, Exton Village Hall - 2.30-4 pm
2nd Tuesday EVERY MONTH
14th February 2023 with a Valentine theme

Everybody welcome for a chat over a delicious homemade afternoon tea. Hand sanitizer and face masks available.
If you would rather continue to receive a home delivery of cakes please contact Bernadette 01572 812956

GILLY’S FISH BAR – Visits Exton Tuesdays 4.30 to 8 pm
Next to postbox, Empingham Road
Just walk up to Van - Pre order at www.gillysfishbar.co.uk,
Call after 4 pm on same day 07417 427333
Several residents I know have been glad to use the Hedgehog rescue service based in Market Overton and may be interested to hear that organiser Rachel Thomas is going to make a Presentation in the Market Overton Bowls Club Friday March 10th, Doors open 7 for 7.30 pm. Entry is free of charge. Tea/coffee will be available and the bar will be open. Please join us for an interesting evening. Enquiries: 01572 812233.

Prickleback Urchin Hedgehog Rescue
The Hedgehog is probably one of our country’s best-loved wild mammals and is certainly our only spiny one! The population of European hedgehogs (Erinaceus europaeus) in the UK has been in decline for some time and in recent years this enigmatic animal has been reclassified as vulnerable to extinction. Now, more than ever, it is important that hedgehogs receive as much support as possible and there are many ways we can all help the dwindling populations in our gardens. Hedgehog Street is a joint campaign by the British Hedgehog Perseveration Society (BHPS) and the People’s Trust for Endangered Species (PTES) and their website (www.hedgehogstreet.org) will give you a wealth of information on a range of topics.

Sometimes of course a hedgehog may find itself in need of rescue and we are fortunate to have a dedicated hedgehog rescue here in Rutland. In July 2021, with the support of the veterinary team at Rutland Veterinary Centre in Oakham and after completing BHPS approved training, husband and wife team Rachel and Jay opened the Prickleback Urchin Hedgehog Rescue from their home in Market Overton. Despite both working full-time, the pair have dedicated themselves to caring for sick or injured hedgehogs from across the county. Their aim is to support the dwindling wild population by administering specialist first aid, care and...
rehabilitation to sick and injured wild hedgehogs. Despite only being a small rescue the couple have taken in and supported over 110 hedgehogs in the last year alone and were runners up in the Multum Awards run by Rutland County Council in December 2022. You can find out more about the rescue, including how you can support their work, by following their social media presence on Facebook and Instagram. If you find an injured hedgehog it should always be taken immediately to the nearest vet without delay. Rachel and Jay can be contacted via their Facebook page which has a link to send a WhatsApp message or you can email pricklebackurchins@outlook.com

The Rural Services Network in partnership with the Citizens Advice Rural Issues Group has launched a Rural Cost of Living Household Survey

Independent research commissioned by the RSN in summer last year shows rural areas are suffering more acutely from the cost of living crisis compared to urban areas.

To lend more weight to the argument for more funding for rural areas the RSN is calling on as many rural residents as possible to complete a Rural Cost of Living Household Survey.

The purpose of the survey is to understand more about rural household budgets at, what is, a very difficult time for many.

Research has shown that those living in rural areas face extra costs and we now want to explore the impacts for households.

But we need your help and want to receive as many survey responses as possible, whatever your household’s income or financial position. This will help us to engage more effectively with Government Departments, MPs and other policy makers. **Please use the following link to complete the survey**
https://www.surveymonkey.co.uk/r/Rural_Households_Cost-of-Living .......[The Editor has asked how those without internet connection may contribute to the survey]
A Huge Thank You from the School for Fundraising Efforts!

Towards the end of 2022 we had a number of fundraising events across the school. We are always well supported, so this is our opportunity to say a very public thank you to parents, families and friends in the wider community.

Our Christmas Fayre raised £345 from games and stalls in the school hall. We were fortunate to receive some beautifully decorated Christmas Cakes from the 2nd Battalion Royal Anglian Regiment and 7 Regiment RLC from Kendrew Barracks, who kindly donated cakes that we were able to raffle. This raffle raised an amazing £285.

Christmas also saw the school leading singing at the turning on of the Exton Christmas Tree lights at The Fox and Hounds, who kindly provided mulled wine and mince pies. They continued to collect for the school over Christmas, and this money, added to the money handed in as donations for the Christmas trees in the village has led to a grand total of £531.94 collected by Exton for the school!

We are saving up to develop our woodland area at school and add a reading chair and benches (see an example to the right), as well as raising money to put towards trips to try and keep coach costs down for families during the current financial climate.

Looking ahead in school, we are looking forward to a ‘Virtual Reality’ morning at the beginning of February – of which more in our next contribution to the village newsletters!

If you would like to find out more about the school, do visit our website—www.extonschool.co.uk.

We are always happy to show prospective parents around the school. Please contact the school office on the phone on 01572 812380 or by email at extonoffice@rltschools.com to arrange a visit.
USEFUL INFORMATION:

Libraries, free WIFI and keeping warm
Rutland Library has free public computers and wifi and is also acting as a warm hub
Oakham Library - Catmos Street
Mon - Fri 9am to 5pm/ Sats 9am to 1pm

Crisis Support
Rutland County Council has a crisis fund if you have no money for gas, electricity or food. The fund is managed by Citizens Advice Rutland - citizensadviserutland.org.uk or call 01572 723494 Mon - Fri 9am to 5pm

Food
Rutland Foodbank can provide emergency food and toiletries - again Citizens Advice can help with a referral - as can your support/ social worker if you have one.
Rutland Community Fridge shares surplus food from local supermarkets and growers - it reduces food waste. Food is free to anyone who wants it.
The fridge is open at Oakham Station Building on Fridays only from 10am to 11.30am.

Children
Free school meals are available to all children in Reception, Year 1 or Year 2.
They are also available to children whole parents/guardianad receive certain benefits - you can check for eligibility and apply online at: rutland.gov.uk/freeschoolmeals

Pension Credit
Pension Credit gives you extra money to help with costs of living if you're over State Pension age and on a low income. It can also help with housing costs such as ground rent or service charges. If you already claim State Pension you can claim for Pension Credit online. OR call the Pension Credit claim line on 0800 991234 - they will fill in the application form for you over the phone.
More information at gov.uk/pension-credit
Warmer Homes
Rutland's Local Energy Advice Partnership (LEAP) is a free energy and money saving service - it can help you stay warm and reduce energy bills. Contact Green Energy Switch at greenenergyswitch.co.uk/home-enerby or call 01733 646253 to see if you are eligible. etc)

The Warmer Homes programme can offer fully funded insulation, solar panels and air source heat pumps if you are eligible. If you are on gas funding of up to £10,000 may be available. If your home is off gas (on oil etc.) £25,000 may be available. See warmerhomes.org.uk or phone 0800 0385737 for more information.

These organisations offer mental health information, advice and support:

- **Mental Health Matters** (local), open seven days a week, 9am to 9pm, helpline: **0300 3230 189**
- Mental Health Central Access Point - crisis helpline from the Leicestershire Partnership NHS Trust: **0808 800 3302**
- **Crisis cafes** - part of Leicesterhire Partnership NHS Trust's local support for people who need immediate help with their mental health - no appointment needed
- **Age UK Leicester Shire and Rutland** - a helpline for the over 70s, open Monday to Friday, 9am to 5pm: **0116 299 2239**
- **Anxiety UK** - call **03444 775 774**
- **NHS stress, anxiety and depression information, advice and support**
- **Mum’s Mind** is a text messaging service for mums who struggle with mental health issues during pregnancy and baby’s first year. Open Monday to Friday, 9am to 4.30pm - text **07507 330 026**
- **Samaritans** - open: 24 hours a day, 365 days a year. Call **0116 123** (freephone) or email jo@samaritans.org (email replies may take longer than a call)
- Emergency support - if you have an emergency where there's a physical threat to life, call **999**
- **Start a Conversation** - every life lost to suicide matters and can affect the mental health of so many people within the community. Start a Conversation is committed to building a community that supports the mental health and wellbeing of people across Leicester, Leicestershire, and Rutland
Children and young people

- **Young Minds** - tips, advice and guidance on where you can get support for your mental health
- **Health for Teens** - covers subjects that promote a healthy body and mind. It links you to more information if you need it, and supports you to get in touch with local services
- **ChatHealth** - a confidential text messaging service, where you can contact your local public health nursing (school nursing) team. Just send a message, you don’t have to give your name: **07520 615 387**
- **VitaMinds** - short-term psychological therapies to adults 16-years and over, who live and are registered with a GP in Leicester, Leicestershire, and Rutland
- If you're worried about your child’s mental health the **Family Lives** website has information and advice to help you.

NEWS FROM EXTON AND HORN PARISH COUNCIL

1. **Playpark Update**
The playpark refurbishment is due to start in February - no confirmed date as yet. The playpark will be safely cordoned off for work to commence so please bear with us once works commence. We are excited that this refurbishment joint funded between RCC and Exton Parish Council is due to be finished this Spring. Just in time for better weather.

2. To keep reporting potholes, street furniture repairs, illegal dumping - please don't forget to use **FIX MY STREET**. You can use it online or download the app. You pinpoint the location and report the problem. It goes directly to the right Rutland CC (or other county where relevant) department. Oakham and other areas are hot on this and are therefore getting more attention and repairs. So it's up to us to get our Council tax spent on areas important to us. If you are unhappy with responses and timescales you can always contact your Exton Parish Council. Our clerk is Helen Duckering at: **clerk@exton.org** Telephone: 01572 759554
**OBITUARIES**

**THOMAS NOEL**, died suddenly on 16th November aged 64. Much loved brother, uncle and great uncle. Private funeral, memorial service to be held in the New Year. No flowers but donations if desired, to the British Heart Foundation. Our Condolences to the family.

**ALAN MANISON-REEVE** a hasty post scrip was added to the last Newsletter as Alan died 20th November 2022. A resident of Newfield Road, his funeral took place Thursday 8th December at 2 pm. The Exton church was well attended for a church service after the green burial at Ketton, by family and friends from the village followed by a gathering in the village hall. Neighbour Patricia Hagger relayed some interesting facts about Alan’s life. Condolences to Sally with whom he has shared many happy hours these past few years and to Julia’s family. Donations to the Salvation Army and Papworth Hospital.

**GERALD Frank BEMBRIDGE** of Blacksmiths Lane, Exton, passed away peacefully in Peterborough City Hospital on Sunday 27th November, aged 90 years. Beloved husband of Sheila, much loved father of Carol and John, dear father-in-law of Steve and Avril and proud Grandad of Robert, Matthew, Tom and Josh. There was a family committal at Marholm Crematorium, Peterborough, followed by a Service of Thanksgiving at Oakham Methodist Church on Thursday 15th December. The funeral cars drove by Blacksmiths Lane on the day of the funeral. Condolences to Sheila and all the family from friends in the village.

Anyone wishing to have lilies in the Church at Easter in memory of loved ones should contact Ann Bell 01572 812594
SHEILA June BEMBRIDGE  
(nee Walker) of Exton, passed away peacefully on 27th December, aged 89 years. Beloved wife of the late Gerald, much loved mother of Carol & John, dear mother-in-law of Steve & Avril and devoted Gran of Robert, Matthew, Tom & Josh. There will be a family committal at Marholm Crematorium, Peterborough, followed by a Service of Thanksgiving at Oakham Methodist Church at 11.15 on Monday 23rd January, to which all are welcome. Family flowers only please, but donations, if desired, may be made to Dementia UK c/o Fords Funeral Directors. 10 Church Street, Oakham LE15 6AA or made online through the Just Giving page ref: http://www.justgiving.com/fundraising/bembridge-family

IRENE KETTLE of Stamford End, Exton, died on 13th December. Her funeral took place at 10 am on 24th January in the parish church. Donations were welcomed to air ambulance and there was a wake in the village hall afterwards. Conduelences to the family from Irene’s many friends in the village.

here follows a personal tribute to her....

“My name is Lorraine Stammers (nee Harker) from Toowoomba Queensland, Australia. Irene Kettle was my cousin, a little story of how we found each other. ….Back in early 1999 my husband Rob said he was going to take me to the UK & Europe for my 50th Birthday in August that year. I always wondered if I had any living relatives in Exton. My grandparents Thomas & Hilda Harker ran the Fox & Hounds in the 1940's, so I wrote a letter to the publican of the Fox & Hounds asking if they knew of anyone still living in the village, the letter apparently sat on a shelf for sometime before being given to Irene's mum Joyce. In the meantime we were on our trip around the Uk & Europe. 10 days after we returned home I received a letter from Irene to my surprise. We emailed each other nearly every day for 15 years until our next trip in August 2015 when we would meet for the first time. We spent nearly 3 weeks in Exton staying with Irene's good friend Pat Castle & getting to know Irene, John, Arthur, Aldona & Pat & their friends & driving around the beautiful countryside. In August 2017 we made our last trip to Exton this time for 4 weeks, again having a wonderful time with Irene, family & friends. Thank you Irene, we will never forget you “

12
Shown here also is an extract from Ann Bell’s Exton scrap book collection:

**It’s Irene LRPS**

MRS Irene Kettle of Exton now has some letters (LRPS) behind her name. After a two-year course at Casterton Community College she has been awarded the Licentiate of the Royal Photographic Society.

Irene’s distinction was achieved after passes in five City and Guilds modules - starting photography (credit), black and white (credit), portraiture (distinction), landscape (distinction) and building (credit).

She will receive her certificate from the President of the Society on April 7 in the Bernard Sunley Lecture Theatre at The Octagon, Bath.

The Royal Photographic Society, founded in 1853, is the most prestigious photographic society in the world and the award of distinctions is fundamental to its preservation of standards of excellence.

Photographers interested in joining the Society and emulating Irene’s success should contact the Distinctions office at the RPS, The Octagon, Milsom Street, Bath, BA1 1DN (01225 462841).

**Safe bet, as ever!**

Brooke Hill County Primary School in Oakham has a long-established tradition of coming out tops in Leicestershire’s annual Road Safety Quiz for junior schools.

And this year was no exception. The prizewinner’s cup is now practically a permanent feature at the school, and yet again, a new team of entrants became the proud owners of individual plaques to take home with them. And the school benefited too with a cheque for £100. County Road safety co-ordinator Ros Duffield is shown in our picture with winning team members Katie Evans, Hannah Daies, Laura Deer, Johnathan Todd, Mathew Cawte and Katie Kirton.
February Services

12th 11.15am Morning Service

26th 11.15am Holy Communion

On January 16th, the ashes of the late Doreen North, born in Exton, were interred in the grave of her parents, Frank and Mary Wallace.

Visitors to the church may have noticed an area which has been taped off. This is because the floor boards and their supports were found to be rotten. We are seeking permission to remove those small pews and to replace the floor with flagstones to provide a welcome area and a clearer space for christenings near the font.

General queries can be directed to the cottesmorebenefice.office@gmail.com or to me at sallyrm24@gmail.com or on 811411.

Sally Miller, Churchwarden

ST THOMAS OF CANTERBURY – Holy Mass

Sundays at 9 am
**Annual Budget Consultation Rutland County Council** has launched a consultation on its latest Draft Budget, which contains spending plans and Council Tax proposals for the year 2023/24. The Draft Budget explains how much money is needed to run local services, where this funding will come from and what financial pressures the Council is facing. Consultation runs until 5pm on Friday 3 February Read more and have your say Go to: www.rutland.gov.uk/budget

**EXTON NEWSLETTER** information/adverts/ entertainment/news/ welcomed by the Editor free of charge for the Newsletters. It is appreciated if the contributions are sent in plenty of time.

Should anyone in the village not already on the email data base wish to be included please forward contact details to the Editor annetteoliver63@gmail.com Or by hand to 20 Stamford Road

This information is not passed on to third parties in accordance with the Data Protection regulations but may be used in an email to pass on useful information to residents ‘in between’ newsletters.

Past copies of Newsletters are to be found on the parish website exton.org. thanks to Paul Taylor.

Mark Butterill will also place notices on the FB page as appropriate on behalf of the Editor.

To be sure of inclusion in the **March Newsletter** please supply to the Editor by 20**th** **February** at the latest. Should you require to post an advert or notice then the earlier the better to allow space to be allowed.

*Thanks to the School for printing the Newsletter and to Dan Howison and his team of delivery boys and girls!*
## CONTACT INFORMATION

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## EXTON BUS SERVICES

**R2 - Rutland Flyer - Melton Mowbray - Oakham**

A bus service operated by Centrebus (North)

**184 – Blands – Stretton to Stamford**