

# *Outlook*

## *May* 2018



**Serving the parishes of**

**Bedingham Fritton Hardwick Hempnall  
Morningthorpe Shelton Topcroft Woodton**

[www.hempnallgroup.co.uk](http://www.hempnallgroup.co.uk)

## Hempnall Group Services May 2018

<b>Sunday 6<sup>th</sup></b>		<b>Easter 6</b>	<b>White</b>
Group Eucharist	10.00am	Fritton Church	
Holy Communion	2.30pm	The Hollies	
<i>Readings: Acts 10:44-48, 1 John 5:1-6, John 15:9-17</i>			
<b>Thursday 10<sup>th</sup></b>		<b>Ascension Day</b>	
Eucharist	7.00pm	Hempnall Church	
<b>Sunday 13<sup>th</sup></b>		<b>Easter 7</b>	<b>White</b>
Eucharist BCP	8.00am	Morningthorpe Church	
Family Service	9.30am	Woodton Church	
Eucharist	9.30am	Hempnall Church	
Eucharist	11.00am	Topcroft Church	
Matins	11.00am	Hardwick Church	
<i>Readings: Acts 1:15-27,21-26, 1 John 5:9-13, John 17:6-19</i>			
<b>Sunday 20<sup>th</sup></b>		<b>Pentecost</b>	<b>Red</b>
Eucharist	8.00am	Topcroft Church	
Eucharist	9.30am	Bedingham Church	
Morning Service	9.30am	Hempnall Church	
Eucharist	11.00am	Shelton Church	
<i>Readings: Acts 2:1-21, Romans 5:22-27, John 15:26-27, Ch 16:4b-15</i>			
<b>Sunday 27<sup>th</sup></b>		<b>Trinity Sunday</b>	<b>Gold/White</b>
Eucharist	9.30am	Hempnall Church	
Eucharist	9.30am	Woodton Church	
Eucharist	11.00am	Fritton Church	
<i>Readings: Isaiah 6:1-8, Romans 8:12-17, John 3:1-17</i>			

Every Thursday at 8.00am there is Holy Communion  
in Hempnall Church

*The Rectory, The Street, Hempnall, NR15 2AD*

Dear Friends,

Winter seems to be going on a bit this year. As I look out of the window the East wind blows mist in from the North Sea and there is another murky day. Spring and Summer, however, are on the way.

Despite this the Spring flowers – snowdrops, daffodils, primroses, have all poked their heads above the soil. It's amazing how many different types of these flowers there are. God is so extravagant in his creation. These flowers seem to come up with little help from us and multiply year on year, the colours adorning our gardens despite the frost and snow.

How about bird song? The singing of the birds, especially the dawn chorus, can be deafening, but wonderful to hear. God's extravagance and abundance in what we see about us is quite incredible.

Matthew's gospel talks about how the lilies of the field grow and how God cares for them. The author looks at the birds of the air and how God feeds them. He goes on to say if God cares for the birds and flowers, how much more he cares for us and loves us and does not want us to worry about our lives.

To help think about these things we can marvel at God's abundance this Spring and Summer. Why not make a note to come to the Open Garden at Sundial Farm, Shelton on 19<sup>th</sup> May between 11am-5pm and Topcroft Open Gardens on 27<sup>th</sup> and 28<sup>th</sup> May or come along to Diss Rectory on 31<sup>st</sup> May when we have a Quiet Day between 9.30am and 2.00pm.

Whether we visit big gardens, enjoy our own or see roadside flowers we can thank God for the beauty of his creation.

With love

A handwritten signature in purple ink that reads "Michael". The signature is written in a cursive, flowing style.

# Events for your diary May

## HEMPNALL WOMEN'S INSTITUTE

Our next meeting will be on **Wednesday 2nd May at 7.30pm at Hempnall Mill Centre** when we will be discussing the Resolutions for the National AGM and this will be followed by **two speakers Eve Ringer & Emma Morrow, from the South Norfolk Well Being Service (MIND)**, who will be talking about some of the issues that bring people to mental ill-health. Refreshments will be served. **Forthcoming Outings** will be lunch at Earsham Street Cafe in May, a trip to Peter Beales Rose gardens in June and a visit to Southwold Summer Theatre in July. New members or visitors are welcome and if you wish to have information about our friendly group please contact Sue Eagle secretary 499559.



## ANNUAL ART EXHIBITION

**4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> May 2018 at Hempnall Village Hall**

**Friday 4th May 7th – 9pm (by ticket only)**

**Saturday 5th & Sunday 6th from 10.30am until 4.00pm**

Entrance £1 per person including catalogue

Almost 300 exhibits for sale by club members and invited local artists

### **Refreshments available**

A donation from the profits will be given to a chosen local charity  
Call Graham 01508 550775 or David 01986 788119 for further details  
Please come, browse and enjoy this interesting display. All welcome.

## FOOD BANK

The Food Bank collection continues to be really generously supported and is helping so many people. The selection of items is impressive and imaginative as regards the situation in which some families and individuals have to cook and provide meals with minimum facilities. The inclusion of gluten/dairy free items, and vegetarian options is valuable, as are things like nappies, toilet rolls, toothpaste, soap, etc. but everything is much appreciated. **The next collections are on Sunday 6<sup>th</sup> May at Fritton Church and Sunday 3<sup>rd</sup> June at Woodton Church**, or any items can be left at Hempnall Rectory, Mon-Thurs 9am-1pm.

**CAR BOOT SALE** on Woodton Playing Field **Saturday 5th May and Saturday 2nd June** beside the Primary School on the B1332. NR35 2NB. Stall holders can arrive from 8.00am. Gates will open at 9.00am. £5.00 per pitch. There will be a Refreshment Stall serving tea/coffee and bacon rolls.

Contact: 01508 482276/518007. All proceeds to Woodton Playing Field.

#### **APRIL'S ARK THEME = SOWING SEEDS**

The children had a lovely time sowing tomato seeds and grass, making lavender bags and pots. Singing our song and having a story on sowing seeds with love and kindness. In May we celebrate our 2nd birthday with the theme "Thank You and Happiness". For information please call Jackie 01362 288195



**THE ARK**

at **Hempnall Church**

**Wednesday 9<sup>th</sup> May 2pm-3pm**

for pre-school children, up to 4 years - Games,  
Snacks, Story, Crafts.

**ALL WELCOME - Contact: Jackie 01362 288195**

#### **WOODTON & BEDINGHAM LADIES TOGETHER**

Next meeting **Wednesday 9th May at 7.30 p.m. in Woodton Village Hall.**

Our speaker this month will be John Ash speaking about the Norfolk Wherries. Visitors are always welcome.

For further information please contact Tricia Gunson on: 01508 482543.

There will be a **BACON BUTTY BRUNCH** with a vegetarian option at **The Chequers, Mill Road, Hempnall on Friday 11<sup>th</sup> May** 9.30 am-12 noon. Eat in or Take Away. Contact Jill Turner 499344 for further information.



#### **HARDWICK CHURCH BOOK SALE & REFRESHMENTS**

**Saturday 12<sup>th</sup> May, 10.00am-12.30pm**

Huge range of good quality, second hand books for sale....

also bric-a-brac, cards, tombola and raffle....

Proceeds to Hardwick and Shelton Churches

*Donations of books/bric-a-brac and raffle prizes welcome, to be left in the back of Hardwick Church by 8<sup>th</sup> May please*

## ANYONE FOR TENNIS?

**Hempnall Tennis Club, based at Hempnall Playing Field**, is teaming up with the Lawn Tennis Association to hold our annual **free open day**. If you fancy coming and having a hit, whatever your ability and wherever you live, come and join us on **Sunday 13th May**.

For the full programme see below:

- 10:00 Session for **4-12 year olds** run by a qualified coach
- 10:45 Session for **13-18 year olds** run by a qualified coach
- 11:30 Session for **adults** run by a qualified coach
- 12:15 Come and have a hit! Open drop in for **adults & teenagers**
- 15:00 Come and have a hit! Open drop-in session for **families**  
(Bring your family and use our courts for free!)
- 16:00 Close

All morning sessions are planned and delivered by a qualified tennis coach and light refreshments will be served throughout the day. Equipment is provided for those that don't have a racquet.

For more information look out for our posters at the tennis club or email the secretary at [hempnalltennisclub@gmail.com](mailto:hempnalltennisclub@gmail.com), visit our website at [www.hempnalltennisclub.co.uk](http://www.hempnalltennisclub.co.uk) or register your place (although booking isn't crucial) at [www.lta.org.uk/gbtw](http://www.lta.org.uk/gbtw).

## CHRISTIAN AID WEEK 13<sup>th</sup> – 19<sup>th</sup> MAY

There will be the usual **House to House Collection** round the villages of Bedingham, Hempnall, Topcroft and Woodton.

The red envelopes will be included in this magazine for Hardwick, Morningthorpe and Fritton and these can be taken anytime to designated people OR can be taken to The Rectory The Street Hempnall OR phone 01508 499405 for the envelope to be collected.

So watch out for the familiar red envelopes and please be as generous as you are able. **THANK YOU!**

## THE MILL CAFÉ- Hempnall

**Monday 14<sup>th</sup> May, 4<sup>th</sup> June & 2<sup>nd</sup> July**



10.00am to 2.00pm. For more information contact:

Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times) . Hempnall Mill Centre, Mill Road, Hempnall NR15 2LP  
[www.hempnalltrust.org.uk](http://www.hempnalltrust.org.uk) All welcome.



## **Hempnall Mill Centre – LUNCHEON CLUB**

Wednesdays and Thursdays **for £5.50**

Morning tea or coffee served on arrival from 11am. A two course lunch served at 12 noon. Pick up travel can be arranged - for more information contact: Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times). For further information please contact Tricia Gunson on: 01508 482543.

## **WOODTON & BEDINGHAM MONDAY CLUB**

Next meeting **Monday 14th May at 2 p.m.**

Everyone, ladies and gentlemen, would be most welcome whether you would like to come along to knit, sew, play board games, do puzzles or just come along for a cup of tea and a chat. If you are not able to knit or crochet but would like to try your hand then come along there will always be someone available to offer advice and help.

For further information please contact Janet Chadwick on 01508 483996 or Pam Mariner on 01508 483796

## **OPEN GARDEN - Sundial Farm, Shelton NR15 2SQ**

We are opening our garden for charity for the first time under the National Garden Scheme. We would be delighted to see you, everyone is welcome.

**Saturday 19th May 11.00am – 5.00pm.**

Teas and plant stall. Admission - Adults £4.00 - Children Free

## **CHURCH GROUP WALK – 20<sup>th</sup> May (rearranged from 18 March).**

This walk will begin **at 2 pm in the car park at Caistor St Edmund Roman Town**, (NR14 8QN). The walk will take in part of the Boudicca Way as well as footpaths and permissive ways at High Ash Farm with magnificent views, countryside and wildlife.

Refreshments will be served afterwards at the home of Daphne Littleboy in Poringland. All welcome. Further information contact [daphnelittleboy@hotmail.com](mailto:daphnelittleboy@hotmail.com) or tel 01508 494318.



## **PAWS IN THE PARK – in aid of the Friends of All Hallows Hospital**

**Sunday 20<sup>th</sup> May**, walks start between 10.30am and 12noon. Entry £5 per adult, children and dogs are FREE! - beautiful scenery – stalls – refreshments – dog agility – fun dog show at Beaters Retreat, Hall Farm, Belsey Bridge Road, Ditchingham, NR35 2JX. Telephone 01986 892728 for further information or visit the Facebook page. The walk is not suitable for wheelchairs.

## **BOOK LAUNCH..."LET'S WALK AGAIN"**

The second book of walks will be launched **on Tuesday 22<sup>nd</sup> May** with a walk from Hempnall Church starting at 2.30pm followed by tea at The Chequers at 4.00pm. Please join us for either or both.

Further information from Jill Turner 499344 or Elisabeth Garrod 482360.

## **GRAFFITI NIGHT IN BEDINGHAM CHURCH**

After the disappointment from last year having to cancel because of the "BEES", Andrew McDonald will be coming to show some new pieces of Graffiti they have found. We have organised an evening on **Friday 25th May at 6.30pm**. An entry fee of £5.00 will include refreshments with the profits going to St Andrews Church. Please contact Jane 01508 518007 or Margaret 482421 if you would like to attend so we can get an idea on numbers to cater for. Bring a Torch.

## **TOPCROFT OPEN GARDENS - Sunday 27 May and Monday 28 May**



Topcroft gardeners are preparing for the annual Open Gardens and as usual, several gardens will be open for you to wander around at your leisure. There will also be the vintage bus to take you to the further reaches of the village if you don't feel up to the slightly longer walks.

We will also be serving our delicious refreshments as always which prove to be welcome before, during and after visiting the gardens.

Spring is finally here! And what better way to celebrate?

11.00am to 5.00pm. £4 entry. Ample free parking at garden.

Map on arrival. Guide dogs only please.

## **QUIET DAY AT DISS RECTORY**

Do you feel like having some time for yourself just to relax and reflect? Then why not come along to

Diss Rectory on

**Thursday 31<sup>st</sup> May, 9.30 for 10.00am-2.00pm.**

Bring and share lunch, everyone welcome.

If you would like a lift please contact the office (498157).





## Future Events For Your Diary

### TOPCROFT COUNTRY DAY

**10th June** at Topcroft Sportsfield from 11am – 4pm

A host of activities will be on offer for the whole family, including craft stalls, classic and vintage vehicles, dog show and agility, bouncy castle, Children's entertainer and games, bar, barbeque and lots more.

We still have a few spaces left for craft stalls and vehicles so if you are interested please email Nicola for stalls at [n.green@hotmail.co.uk](mailto:n.green@hotmail.co.uk) or Kevin for vehicles at [kevin\\_andrews@live.co.uk](mailto:kevin_andrews@live.co.uk).

But best of all just come along and have a great day!

**HEMPNALL ART CLUB** - Meets Monday afternoon 1pm – 3.30pm, Tuesday 10am -1pm & Tuesday 7pm -9pm. New members welcome. The next **Tutored session** led by Mary Lowden will be on **Tuesday 12<sup>th</sup> June 10 15am – 12.30.**

All enquiries to Graham Dunthorne 01508 550775

### FUTURE SUNDAY WALKS 2018

#### Dates and contacts:

24 <sup>th</sup> June	Hardwick	Josephine and David Murgatroyd 530453
15 <sup>th</sup> July	Tyrrell's Wood	Brian and June Cutting 499600
16 <sup>th</sup> September	Hempnall	Deanery Group Office 498157
23 <sup>rd</sup> September	Woodton	Elisabeth Garrood 482360

### CALLING ALL WOMEN!

Join us and bring your friends for a **'HEALTHY LIVING & WELL-BEING DAY'** at **MANGREEN HALL**, NR14 8DD – off A140

**WEDNESDAY JUNE 13<sup>th</sup> 9:30 – 3:15**                      TICKET: £12

There will be two Speakers and a choice of Workshops (one in the morning and one in the afternoon). Your ticket price includes a lovely 'Mangreen Lunch' plus teas/coffees and very healthy Danish pastries!!

All Workshop activities can be done seated as well as upright. This will be a day full of fun. Come to this delightful venue and meet new people as well as old friends. Tickets (£12) available from Sue Eagle 01508 499559 or email [rogersue.eagle@btinternet.com](mailto:rogersue.eagle@btinternet.com)                      Organised by Hempnall WI.



## **OPEN GARDENS AT DITCHINGHAM HALL IN AID OF THE MOTOR NEURONE DISEASE ASSOCIATION.**

An 18<sup>th</sup> Century landscaped park of 48 hectares designed by Capability Brown including woodland, lake, a large walled garden and parterre.

**Sunday 17<sup>th</sup> June, 2pm- 5pm. £5 with U16 free.** Free parking. Guide Dogs only.

Afternoon Teas, Ronaldo's Ice Cream, Plant and Pot stalls, Tombola.

*If you are willing to help with baking a cake or donating a prize for the Tombola please call Judith on 01508 499575 or email [judithbamber50@gmail.com](mailto:judithbamber50@gmail.com)*



### **TOPCROFT FLOWER FESTIVAL**

The theme for the Flower Festival is '**Favourite Songs**'.

**Saturday 14th and Sunday 15th July 2018.** If you would like to do an arrangement, this gives you plenty of time to get your thinking caps on. For more information give Jackie a ring on 482267.

### **WOODTON CHURCH TABLE TOP SALE**

**Saturday 28th July, Woodton Village Hall. 2pm-4pm.** Refreshments and a Raffle. To book a table at a cost of £5, please phone Jackie 01362 288195 All proceeds for All Saints' Church, Woodton.

## **Thank you**

### **LITTER PICK FRITTON AND MORNINGTHORPE MARCH 2018**



A massive thank you from Carol McDonnell, on behalf of the Parish Council, to everyone who helped on the weekend of 24<sup>th</sup> and 25<sup>th</sup> March with our annual litter pick. About 25 people turned up, which was great, and they set off in different directions.

Thank you to the Sargent family for coming behind us collecting the full bin liners. The weather was good and, as you can see from the photo, we collected a huge amount of rubbish which we piled up near the Fritton phone box. The Council lorry had to make 2 trips to take it all away.



**WOODTON VILLAGE LITTER PICK** - a big thank you to the six hardy souls who turned up on a very chilly morning to tidy up the village and take part in the annual Litter Pick. As usual, it was a job well done, with a huge number of bags of rubbish collected. Thank you also to the kind man who turned up with hot sausage rolls for the team!"

### **PIES 'N PICS QUIZ**

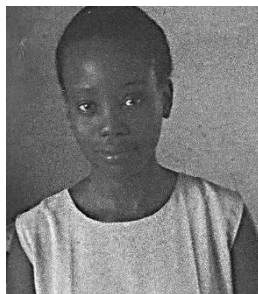
Thank you for your support helping to raise £50 for Woodton Church. The winner was Brian Thompson from Briston who receives £10.

### **HEMPNALL CHURCH SPRING FAIR & COFFEE MORNING**

Thank you to everyone who came to St Margaret's Church Spring Fair and Coffee Morning. Also thank you to the wonderful helpers who worked extremely hard to make it such a success. The amount raised was £420 for the Church and The Nepal Relief fund.

### **HELP FOR OPERATION**

An Orthopaedic Surgeon who works at the Norfolk and Norwich Hospital and lives locally, is asking for help to pay the costs and expenses of an operation for Adelaida who he was introduced to in Tanzania. Adelaida is 23 and a health care worker, she is unable to work or even walk very far as her hips have been damaged by Sickle Cell Disease, so she needs them replaced. This surgery is not an option in Mwanza, so she is being brought to Norwich to have it done for free. If anyone would like to give to this venture, I am collecting money, and will pass it on by the end of May. With thanks. *Maggie Kingston, Hempnall Rectory, Tel: 498157*



### **“NO ONE SHOULD BE LEFT BEHIND”**

Julian Bryant, of Christian Aid, spoke at the Depwade Deanery Synod. He offered his thanks for all we do to help provide for those in need and a thank you from a Bolivian community leader whose community now prospers. We listened to how our money helps those in need, working with local people on their projects. How working with companies, who exploit poor nations, for the companies to consider paying their due taxes. A local Haitian lady gave a profound reflection on how she was helped through the earthquake with a storm proof property which then withstood the hurricane. It was brought home to us the reality of how our small contribution can go a long way to make a huge difference.

*Jackie Cook*



## **NEW WORD QUIZ AVAILABLE – a chance to win E25**

Another challenge for you – get the whole family involved! £1 each. Find the word which will go before or after the 3 words or part-words in each list eg Mark, Ends, Reading = BOOK.

The Quiz is available from Pat Westley, 27 Roland Drive, Hempnall or from the Hempnall Church office – 498157. Money raised will be donated to St Margaret’s Church, Hempnall.



Need help with transport? Borderhoppa buses are available to people of all ages who are unable to use ordinary bus services either because of mobility difficulties or because there isn’t a bus service for them to use.

Our door-to-door dial a ride service can take you shopping, to medical appointments (excluding hospitals), to visit a friend or relative or attend a local club.

Our regular member’s outings are very popular. We have trips to the seaside, garden centres, shopping trips, boat trips and pub lunches.

If you would like to find out more about the great service we provide please call us on 01379 854800 or visit our website [www.borderhoppa.org](http://www.borderhoppa.org)

## **WOODTON VILLAGE HALL TOTE – MARCH WINNERS**

£20, J Matthews, £10 I Smith, £5 M Barrie.

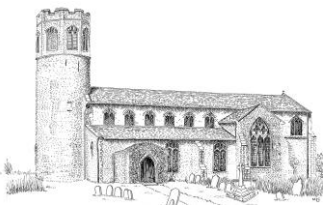
### **APRIL WINNERS**

£20 D. Littleboy, £10 W. Beasley , £5 E. Ashton.

Membership of the Tote is £12 per year. We are always looking for new members and if you are interested in joining the Tote please contact Pam Mariner on 01508 483796. The draw takes place every month and there are 3 prizes of £20, £10 and £5.

All money raised goes toward the upkeep of the village hall.

## **FRIENDS OF BEDINGHAM CHURCH TOTE WINNERS**



No 56. S Crane. No 7. Vacant number.  
No 36. N Goulborn. No 50. Vacant number.  
No. 39. G Gray. No 49. Vacant number.  
No 39. G Gray. No 13. J Howman.



**NEED EXTRA OUTDOOR SPACE** to grow vegetables & flowers OR simply to sit & enjoy the countryside - Town Estate Property Charity – Allotments for rent  
We currently have allotments for rent on the Mill Road site in Hempnall.

**ONLY £5.00 per year.** Anybody interested should contact **Jackie Jackson 01508 499061. [jackson.jc@btinternet.com](mailto:jackson.jc@btinternet.com)**

**Did you know?** You can now find information on **The Hempnall Trust** – [www.hempnalltrust.org](http://www.hempnalltrust.org)

### Change of Booking Clerk

To book Hempnall Mill Centre please telephone 07504 699534 or e-mail: [hempnallmillcentre@gmail.com](mailto:hempnallmillcentre@gmail.com)  
website: [www.hempnallmillcentre.co.uk](http://www.hempnallmillcentre.co.uk)

## Birthdays in May

### Teenage

- \* Beth Todd who will be 16 on the 18th
- \* Archie Wood who will be 13 on the 26th



## From the Registers



### Baptism

1<sup>st</sup> April Phoebe Anne Roberts at Woodton Church



### Wedding

7<sup>th</sup> April Dominic May & Marie Bartlett at Hempnall Church



### Funerals

5<sup>th</sup> April Maurice Bathie (aged 86) at Waveney Crematorium  
10<sup>th</sup> April Elsie Byatt (aged 94) at Woodton Church



## CHURCH DIARY

### May 2018

Wed 9 <sup>th</sup>	2.00pm-3.00pm	The Ark Toddler Group	Hempnall Church
Thurs 10 <sup>th</sup>	11.00am	Wholeness Team Meeting	Hempnall Rectory
Fri 11 <sup>th</sup>	9.30am-12noon	Bacon Butty Brunch	The Chequers Mill Road Hempnall
Sat 12 <sup>th</sup>	10.00am-12noon	Hardwick Church Book Sale	Hardwick Church
Tues 15 <sup>th</sup>	6.30pm	Central Visitations	Norwich Cathedral
Sun 20 <sup>th</sup>	2.00pm	Church Walk	Meet at Caistor St Edmunds
Mon 21 <sup>st</sup>	7.00pm-9.00pm	Safeguarding Training	Hempnall Church
Tues 22 <sup>nd</sup>	2.30pm-4.00pm	Let's Walk Again Book launch Tea	Hempnall Church Chequers
Thurs 24 <sup>th</sup>	7.00pm	Hempnall PCC Meeting	Hempnall Church
Sun 27 <sup>th</sup> Mon 28 <sup>th</sup>	11.00am-5.00pm	Topcroft Open Gardens	Topcroft
Thurs 31 <sup>st</sup>	9.30 for 10.00am	Quiet Morning	Diss Rectory
	7.00pm	Quiet Prayer	Hempnall Church

Tuesdays at 5.00pm Evening Prayer at The Flat Woodton

Wednesdays at 5.00pm Evening Prayer at Hempnall Rectory except 2<sup>nd</sup> and 16<sup>th</sup>

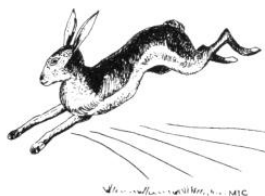
Thursdays at 8.00am Eucharist at Hempnall Church except 17<sup>th</sup>

**CLERGY:** Team Rector Michael Kingston 01508 498157

Team Vicar Liz Billett 01508 482366

Reader Jackie Cook 01362 288195

Group Office (Mon-Thurs 9.00am-1.00pm) 01508 498157



**ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE**

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll Call 550403 or 07785 528069

ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation 498805

ARKSCAPE LANDSCAPE & GARDENING SERVICES Free quotes no job too small 470482

ART WATERCOLOURS FOR BEGINNERS / IMPROVERS from JAN 2018 [gill@gilly-marklew.co.uk](mailto:gill@gilly-marklew.co.uk) 499070

CARPENTER Mark Whitbread Free quotations. No job too small 532605

CARPET AND UPHOLSTERY CLEANING Local reasonable rates David 01379 608529 or 07768757308

CARRY ALL Supplies of quality aggregates, to trade & public free delivery no VAT 536182 or 07850402845

CHRIS BAKER TRANSPORT - Man & Van 531738 or 07785 306249

CHRIS CLARKE OIL BOILER SERVICES, servicing & breakdown repairs 07912146619 & 536573

CLEANERS R US since 2003 provide affordable friendly reliable CRB fully insured cleaners 490808

CUNNINGHAM GARAGE A range of services for all motoring needs, cars and commercials 499232

CURTAIN MAKER – Bespoke hand made curtains, own fabric made into quality curtains 07848 463344

DAVID HEWETT FRICS Chartered Building Surveyor CAD drawings & surveying services 499761

ELECTRICIAN Bob Turner – Domestic and Commercial Electrical Contractor 07899794813

FEET – Corns, calluses, nail cutting and more, treated in your home Wendy 01379 676872

GARAGES TO LET. Long Stratton area, Secure, dry, insulated, power. Call Paul 07803 927303

GREENDALE GARDENING SERVICES Grass & Hedge Cutting, Fencing Andy 07802702602 / 531168

HEMPNALL PARISH COUNCIL website address: [www.hempnallpc.org](http://www.hempnallpc.org)

JAMBO JANES PET CARE SERVICES dog boarding/day care, home visits, walking, horse care 530259

JMB BUILDING AND PROPERTY MAINTENANCE: 20 years experience, fully insured Call Jon 07825 542958

LOCAL SKILLED HANDYMAN AVAILABLE only £15 per hour Call Mike 07534694673 or 494547

NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers. 498393

OSTEOPATH, Cranial-accidents, back, headache. 01953 789629 e-mail [acorns.aylsham.clinical@gmail.com](mailto:acorns.aylsham.clinical@gmail.com)

OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell 07710 515775 or 532393

OLD HALL FARM SHOP, Norwich Road, Woodton for the best Raw Milk in Norfolk 07900 814252

PAINTER & DECORATOR Graham Bull over 25 years experience [grahambull071@btinternet.com](mailto:grahambull071@btinternet.com) 482409

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