

# *Outlook*

# *November* 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 November 2018

<b>Sunday 4th</b>		<b>All Saints Day</b>		<b>White</b>
<b>4<sup>th</sup> Sunday before Advent</b>				
Group Eucharist	10.00am	Woodton Church		
Commemoration Service	3.00pm	Hempnall Church		
<i>Readings:</i> Isaiah 25:6-9, Revelation 21:1-60, John 11:32-44				
<b>Sunday 11th</b>		<b>Remembrance Sunday</b>		<b>Red</b>
Eucharist (BCP) with Act of Remembrance	8.00am	Fritton Church		
Act of Remembrance	9.00am	Bedingham War Memorial		
Act of Remembrance	9.30am	Woodton Church		
Act of Remembrance / Remembrance Service	10.50am	Hempnall War Memorial / Hempnall Church		
Remembrance Service	10.55am	Topcroft Church		
Remembrance Service	11.00am	Hardwick Church		
Holy Communion	2.30pm	The Hollies		
<i>Readings:</i> Romans 8:31-39, John 15:9-17				
<b>Sunday 18<sup>th</sup></b>		<b>Christ the King</b>		<b>Red</b>
<b>2<sup>nd</sup> Sunday before Advent</b>				
Eucharist	8.00am	Topcroft Church		
Eucharist	9.30am	Bedingham Church		
Eucharist	9.30am	Hempnall Church		
Eucharist	11.00am	Hardwick Church		
<i>Readings:</i> Daniel 12:1-3, Hebrews 10:11-25, Mark 13:1-8				
<b>Sunday 25th</b>		<b>Sunday next before Advent</b>		<b>Red</b>
Eucharist	9.30am	Hempnall Church		
Eucharist	11.00am	Morningthorpe Church		
Eucharist	11.00am	Topcroft Church		
<i>Readings:</i> Daniel 7:9-10, 13-16, Revelation 1:4b-8, John 18:33-37				

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

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

Dear friends,

This is the time of year to remember - Guy Fawkes, All Saints Day and Remembrance Sunday. This year the last mentioned is especially poignant since we recall the 100<sup>th</sup> anniversary of the end of the Great War.

We look back with immense gratitude and thankfulness for what our ancestors went through to enable us to have the freedom we have in our country.

There is the picture of Lord Kitchener pointing his finger – ‘Your country needs you.’ Many innocent young people responded to the call and tragically died or injured in the mud of Flanders or Ypres or Amiens.

The remembering doesn't stop just 100 years ago. There are those who gave their lives during the Second World War and all the battles that have been fought since, and in some places still continuing.

Maggie and I visited Arnhem recently. The battle was fought in September 1944. The exhibition centre was very realistic in showing what happened. 1,700 mostly young soldiers, lost their lives. These young people are remembered in a nearby cemetery maintained by the War Graves Commission, beautiful quiet, peaceful location surrounded by trees.



Just as the soldiers died for our freedom, Christians believe that Jesus Christ died on the cross that we might have eternal life because he loves each of us.

We continue to pray for peace in our world. Part of remembering is that we do not forget what others went through for us. To help us in this there are services in our churches or around war memorials, on 11<sup>th</sup> November. Please see inside for times. Come and be thankful for the peace and freedom we enjoy today.

With love

Michael

# Events for your diary November

## HARDWICK AND SHELTON CAFÉ MORNING

Come and join us at our cracking, crackling November Cafe Morning (Bonfire Night themed!). **Thursday Nov 1st**. 10.30 – 12noon. Hardwick Village Hall.

All very welcome.

## FOOD BANK COLLECTIONS



When you have time to read this it will probably be well into November, so we thought it might be helpful to provide the Food Bank collection dates in advance, especially as December 2<sup>nd</sup> is the last one before Christmas! (If items do come to the Parish Office after that date we will

try to ensure they reach the Food Bank in time for Christmas).

As you begin to collect items for your larder, perhaps you could add a few extra for those whose larders are particularly bare – or who have no larders at all – not forgetting basics as well as ‘specials’ – if possible. Please ensure everything is within the ‘use-by’ date, preferably into 2019. Thank you so much all your generosity this year. All your gifts have been much needed and so appreciated. Our collection dates are: **4<sup>th</sup> November** at Woodton Church and **2<sup>nd</sup> December** at Hempnall Church.

## THE MILL CAFÉ, Hempnall Coffee and cakes or Lunch.

Why not put these dates in your diary **5<sup>th</sup> November**,  
**3<sup>rd</sup> December** 10am to 2pm

For more information please 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) Registered Charity No. 1074433



## HEMPNALL MILL CENTRE – LUNCHEON CLUB

Meets on Wednesdays and Thursdays for morning tea or coffee served on arrival from 11am. A two course lunch is served at 12 noon only £5.50

Pick up travel can be arranged.

For more information contact: Margaret Sparham  
(Wed and Thurs on 499766 or 499579 at other times)



**POSADA - MAKING ROOM FOR JESUS THIS CHRISTMAS  
in Hempnall, Woodton, Bedingham, Shelton and**

**Hardwick** Would you be willing to give the crib figures of Mary and Joseph a home for one night giving them somewhere nice to stay and then pass them on to the next home where they will stay? Please ring Michael 498157 or

Liz 482366 by **Friday November 2nd.**



**Friends of Hempnall School Fireworks 2018**

**Saturday 3rd November 5pm - 8pm**

Hempnall Village Hall Playing Field

Huge display, BBQ and hog roast, licensed bar, hot drinks, jacket potatoes, toffee apples, glo-sticks, sweets

Tickets on the gate only: Adults £5

Children under 16 £2 (under 2s free), Family ticket (2+2) £12  
(NB Sparklers NOT permitted. No parking at event; please park considerately around the village)

**COMMEMORATION SERVICE**

*Remembering our loved ones who have died*

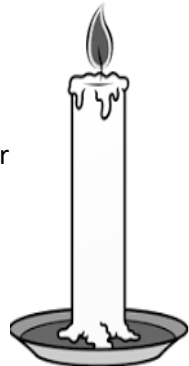
**Hempnall Church Sunday 4th November at 3pm**

Each year we hold a special service to remember and give thanks for those who have died. We warmly invite you, your family and friends to this year's Commemoration Service. You will be very welcome to stay for tea after the service.

For further information please contact:

Revd Michael Kingston 01508 498157 or

Revd Liz Billett 01508 482366



**WOODTON & BEDINGHAM MONDAY CLUB**

Next meeting **Monday 5th November at 2 p.m.**

Everyone is most welcome, do come and join your fellow villagers for a pleasant social afternoon. For further information please contact Janet Chadwick on 01508 483996 or Pam Mariner on 01508 483796.

## HEMPNALL COMPUTER GROUP

We have a new tutor, Joe Richards from Bailiwick IT, who will be continuing to help with our problems and new learning. We meet each Tuesday 2pm – 4pm.

**November dates 6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> & 27<sup>th</sup>**

Contact person Yvonne Davy 01508 499405 or email [ydavy01@yahoo.co.uk](mailto:ydavy01@yahoo.co.uk)

## HEMPNALL WOMEN'S INSTITUTE

Our next meeting is on **Wednesday 7<sup>th</sup> November at the Mill Centre** when we will be having our **Annual Meeting** followed by a social fun time.

The next outing will be a Christmas Dinner and in January a visit to the Theatre Royal to see the Norfolk Operatic Society performance of "Guys and Dolls". Our visit to Earsham Hall for a tour and lunch in October was very interesting and much enjoyed.

New members or visitors are welcome and if you wish to have information about our friendly group please contact Sue Eagle secretary 499559.

### CHRISTMAS CRAFT FAIR

Hempnall Church annual Christmas Craft Fair will be  
**on Saturday 10<sup>th</sup> November from 10am to 1.00pm**  
**at Hempnall Village Hall.**

A large assortment of crafts to buy ready for Christmas

Raffle – prizes gratefully received

For more details, to book a stall or anyone who could help please  
contact Claire Key 01508 499342.



## Our Remembrance Services

### Sunday 11<sup>th</sup> November

This year Remembrance Sunday will mark the 100<sup>th</sup> anniversary of the end of the First World War. Please come and join us to remember those who have given their lives for us.



8.00am Eucharist (BCP) with Act of Remembrance  
at Fritton Church

9.00am Act of Remembrance at Bedingham Memorial

9.30am Act of Remembrance at Woodton Church

10.45am Act of Remembrance at Hempnall War Memorial  
followed by service at Hempnall Church

10.55am Remembrance Service at Topcroft church

11.00am Remembrance Service at Hardwick Church



## TOPCROFT REMEMBRANCE – 11<sup>th</sup> November

If anyone from Topcroft would like to dedicate one of the small wooden crosses which will be incorporated in a display with the poppies and wreath in church on Remembrance Sunday with your loved one's name, this will be a fitting tribute to those that were lost in the 1914-18 war. Please ring Jackie 482 267.

## TOPCROFT PARISH COUNCIL MEETING

to be held at Topcroft Pavilion on:

**Monday 12<sup>th</sup> November 2018 – 8.15pm**

*For further details please contact the Clerk: Tel. 01379 855486*

*or email: [topcroftpc@gmail.com](mailto:topcroftpc@gmail.com)*

*Website: [topcroftpc.norfolkparishes.gov.uk](http://topcroftpc.norfolkparishes.gov.uk)*

*~ All Parishioners are welcome~*

**THE AGM OF WOODTON PLAYING FIELD** will be held on **Monday 12th November** in the committee room at the village hall at 7.p.m.

Come and support and bring any new ideas and views for the future of this well used and popular village facility. Enquiries to 01508 482276/518007.



**at Hempnall Church**

**Wednesday 14<sup>th</sup> November 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 14th November at 7.30 p.m.** in Woodton Village Hall.

This month our speaker will be Carole Adams from PAT Dogs.

Visitors and new members are always welcome.

For further information please contact Tricia Gunson on: 01508 482543



## OPERATION CHRISTMAS CHILD - SHOE BOX APPEAL

I hope you are all busy packing your shoe boxes. I have found bits and pieces around the house and will be off to the shops in half term. My boys love choosing what to put in and we usually add



a Christmas card with a short message. If you haven't got involved before please join in. If you need any help give Hempnall Rectory a call.



The drop off points are Minnie's shop in Woodton or Hempnall Rectory.

**The very latest date is 12th November.** If you have no transport and you need your box collected please call Claire 01508 482447. Let's help to make a poor child's Christmas a special day. Thank-You all for your support.

## HEMPNALL VILLAGE HALL ANNUAL MEETING – ALL WELCOME- OPEN MEETING

It will be held on **Wednesday 28<sup>th</sup> November 7pm for 7.30pm** in the Nelson Suite at Hempnall Village Hall. Refreshments will be served. PLEASE come and support the Committee as they reflect on the past year and plan for the future.



## HEMPNALL TOWN ESTATE EDUCATIONAL FOUNDATION

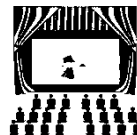
**The next meeting of the Trustees is in November.** Applications for grants from Hempnall residents to Pauline Brookes, Fairstead Lane Farm Bungalow, Pymar's Lane, Hempnall. NR15 2RG. Please include receipts with application.

We can help fund after school activities such as music lessons, sports coaching and travel costs for Sixth form students. Adult applicants can also apply.

Any queries to [pauline.brookes1@uwclub.net](mailto:pauline.brookes1@uwclub.net) Telephone 01508 498960.

## HEMPNALL CINEMA CLUB

Hempnall Cinema Club. On **November 23<sup>rd</sup>** our Film Night will be showing **"The Gurnsey Literary And Potato Peel Pie Society"**, a brilliant film based on the award winning book, and thanks to our very loyal patrons, we are nearly sold out.





## CONFIRMATIONS

Don't forget our Confirmation classes continue in **November**, with the Confirmation Service in Topcroft Church on 10<sup>th</sup> January. If you would like to know more please phone Michael 498157 or Liz 482366.

## Future Events For Your Diary

**IT'S PANTO TIME AGAIN!** Saxlingham Players presents their Christmas Pantomime will be the swashbuckling adventure "**Robinson Crusoe and his Pirates**". Come and enjoy all the fun, the corny jokes and the music of a great family pantomime. Tickets are £8 for adults, £5 for children, available from Vicky Stocks on 01508 499631 from 1st November (9 am to 9 pm), at Village Hall, Saxlingham Nethergate on **Thursday 6th December, Friday 7th December and Saturday 8th December** at 7.30 pm. Matinee performance on Saturday 8th December at 2pm.

## WOODTON VILLAGE HALL BREAKFAST CLUB



Join us for a delicious breakfast with a choice of locally sourced bacon, sausages and eggs plus freshly brewed coffee/tea. Enjoy the Sunday papers, chat with your friends and family and meet other people from Woodton and the surrounding area. Future Breakfast Club dates in 2018: **Sunday 16<sup>th</sup> December** 9:00am – 11:00am Book early

to reserve your table, call Mandy 07772 767116  
(Breakfast Club is a Fundraiser for the Village Hall).

## Our Special Christmas Services

**16<sup>th</sup> December**, 4.00pm Carols by Candlelight at Fritton Church

**24<sup>th</sup> December** – Christmas Eve, Christingle Services

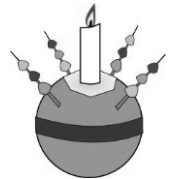
4.00pm at Hardwick Church

4.00pm at Topcroft Church

5.30pm at Hempnall Church

5.30pm at Bedingham Church

11.30pm Midnight Eucharist at Hempnall Church



**30<sup>th</sup> December** 10.00am Group Carol Service at Topcroft Church

## **A NEW EXCITING QUIZ COMING UP.....**

During the winter months we have a new quiz to find the Christmas songs and carols. £1 per entry. Raising money for The Ark Toddler Group. Have a go at this fun quiz – phone: 498157 or Jackie 01362 288195.

## **Thank you**

**KEITH LAIN** would like to thank all those who have supported him following the sad loss of Janet. Thanks to all who arranged flowers, all who helped make the church look so beautiful and the many people who came to support.

### **CLIVE LING**

Donna, Ann, Debbie and all the family would like to express their gratitude to all who attended, supported, and helped with parking etc on the day of Clive's funeral. Also a big thank you to all who have sent cards and messages of support, the family are truly grateful. Donations totalling £1350 have been received and divided between BBRF (British Biker Relief Foundation) and Cancer Relief.

### **TOPCROFT PHOTOGRAPHIC COMPETITION**

A big thank you to all those who entered the Topcroft Photographic Competition. The judge commented on the selected photos and gave ideas for improvement and answered questions. He said all the photos entered were excellent in their own way. We all enjoyed a cup of tea and a slice of cake. The winning photos in each category were as follows:

Favourite Animal or Bird – M Ferre; Architecture – N Eastell; East Anglian Waterscape – D Ferre; Echoes of the past – R Johnson.

### **BEDINGHAM CHURCH -The Wasps have left the building!**

Thank you to everyone who has supported, in any way, the big problem St Andrews church had with the infestation of a large swarm of wasps. Also many thanks to Claire, Jeannie, Sonia and Margaret for helping to clean up the mess and bring the church back to full use. *Jane*.



## HEMPNALL GROUP WALKING IN 2018



We have had five Sunday walks this year and an extra midweek walk.

The weather has shown plenty of variety as the first walk had to be postponed because of snow, conversely we sweltered once or twice in the summer and then the final walk was nearly

cancelled because of rain.

All were much enjoyed by a total of over 30 participants.

All, apart from the first in April, which entailed following a route between Topcroft and Hempnall, took in parts of Boudicca Way.

In May we parked at the Roman town at Caistor St. Edmund and made an attractive circuit which led us onto the higher ground towards Poringland and back with extensive views across the Tas valley.

The June walk went from Pulham Market through lovely quiet countryside and culminated in tea on the Green,

In July we started from Tyrrels Wood and finished with Pimms in the Cutting's garden in Fritton. These two were the hot ones.

Finally, in September we walked from Shotesham All Saints towards Woodton and back following tracks and quiet roads before enjoying tea in Hempnall Church.

The midweek walk followed more of Boudicca Way and covered an interesting piece of country straddling the A140 between Saxlingham Nethergate and Tasburgh.

In addition there was the popular Deanery walk which provided an entertaining afternoon and evening based upon Topcroft Church and a short Hempnall walk in May to celebrate the publication of the second walks book: 'Let's Walk Again'.

We look forward to more walking in 2019.

## **LONG STRATTON MEDICAL PARTNERSHIP - Tel: 01508 530781**

GP practices are under pressure the whole year round but particularly in the winter months when demand increases. We will be endeavouring to provide extra capacity to deal with the winter pressures; meanwhile everyone can play a part in helping to ease the pressure on your local practice.

Firstly, please cancel any unwanted appointments. We know oversights happen

but our DNA (Did not arrive?) rate remains significant with 151 appointments which equates to 30 hours of GP and nurse time being wasted again in September.

Secondly, consider following the **3 Before GP** Steps. This guide from the Royal College of General Practitioners is a patient- mantra aimed to try to relieve pressure on GP practices.

Ask yourself these three questions before booking an appointment with their GP  
Can I: 1. Self-care? 2. Use the NHS Website or similar reputable websites/ resources? 3. Seek advice/treatment from a pharmacist?

Thirdly, please ensure you are vaccinated against flu if you fall into one of the at risk categories. We really appreciate our patients' support in these areas.

*Dr Lara Douglass*

### **SAVE MONEY WHEN BUYING FUEL**



Hempnall Parish Council paid for lifelong membership of the Thinking Fuel Community Buying Scheme set up by Community Action Norfolk (CAN) with A F Affinity. By registering with CAN, anyone living in Hempnall, (this includes The Greens), can take advantage of buying oil with a good saving on the going price on the

day of ordering. Once registered, members can order directly with A F Affinity . You can order between 9am and 5pm on two days each month when A F Affinity get the best price and a good bulk buy discount which is passed on to all members. The minimum order is for 500litres and the discounted price is the same for all orders be they for 500 or 1000lt.

More information and application forms can be downloaded from the Parish Council website, [www.hempnallpc.org.uk](http://www.hempnallpc.org.uk) or contact Sylvia Driver tel. 01508 498890 or email [sylviadriver51@gmail.com](mailto:sylviadriver51@gmail.com).

### **DON'T GET CAUGHT OUT**

Demand for fuel over the period up to and over the Christmas is great and fuel deliveries may not be guaranteed. To make sure you don't run out during this bust time, check your tank and order in November.



**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)**

## FRIENDS OF BEDINGHAM CHURCH 59 CLUB LATEST LUCKY WINNERS

No 36 N Goulborn. No 27 P Warner. No 5. S Harris. and No 38. K Ripley. Who all receive £25

## WOODTON VILLAGE HALL TOTE

October winners: £20 - Number: 80 - S Willmer, £10 - Number: 72 - H Clarke, £5 - Number: 15 - J Davies

## TO BOOK HEMPSTALL 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)

**DID YOU KNOW?** You can now find information on the Hempnall Trust at [www.hempnalltrust.org](http://www.hempnalltrust.org)

## Birthdays in November

"Happy Birthday to:

### *Children*

Georgie Rush who will be 9 on the 5th  
Alfie Tyrell who will be 12 on the 22nd

### *Teenage*

Theo Wood who will be 16 on the 4th  
Thomas Lloyd who will be 16 on the 17th  
Danielle Bond who will be 18 on the 18th



## CHURCH DIARY November 2018

Thurs 1 <sup>st</sup>	1.30pm	Hardwick & Shelton PCC Meeting	Fidelis
	7.00pm	Woodton PCC Meeting (at home of The Noakes)	Lynncrest, Woodton
Fri 2 <sup>nd</sup>	8.00pm	Home Group	Willow House, Hempnall
Thurs 8 <sup>th</sup>	7.00pm	Bedingham PCC Meeting	The Flat
Sat 10 <sup>th</sup>	10.00am- 1.00pm	Hempnall Christmas Fair	Hempnall Village Hall
Wed 14 <sup>th</sup>	2.00pm	The Ark Toddler Group	Hempnall Church
	7.30pm	Topcroft PCC Meeting	Topcroft Lodge
Thurs 15 <sup>th</sup>	2.30pm	Hymn Choosing	Kath Wilby's home
	7.00pm	Hempnall PCC Meeting	Hempnall Church
Wed 21 <sup>st</sup>	7.00pm	Fritton & Morningthorpe PCC Meeting	Friars Farm Morningthorpe
Thurs 29 <sup>th</sup>	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 14<sup>th</sup> Nov)

Thursdays at 8.00am Eucharist at Hempnall Church

### From the Registers



#### **Baptism**

6<sup>th</sup> Oct Henry Alexander Lowe at Bedingham Church



#### **Funerals**

1st Oct David Rogers aged 79 at Waveney Crematorium

12<sup>th</sup> Oct Brian Curtis aged 77 at Hempnall Church and  
Waveney Crematorium

## ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll	Call 550403 or 07785 528069
APPLE JUICING SERVICE Norfolk Scrumpers press, pasteurise, and bottle your apples	820103
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 <a href="mailto:gill@gilly-marklew.co.uk">gill@gilly-marklew.co.uk</a>	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
FARM SHOP, raw milk dairy and vineyard	07900 814252
FEET – Corns, calluses, nail cutting and more, treated in your home	Wendy 01379 676872
FOOTCARE Home visits for the treatment of nails, dry skin, corns etc	Ring Nicky 0771 9727581
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: <a href="http://www.hempnallpc.org">www.hempnallpc.org</a>
HOME DOG BOARDING day care, dog walks, contact Jambo Janes Pet Care Service	07748 854308/530259
JMB BUILDING AND PROPERTY MAINTENANCE: 20 years experience, fully insured	Call Jon 07825 542958
LOCAL SKILLED HANDYMAN AVAILABLE only £17.50per hour	Call Mike 07534694673 or 494547
MOP N CARE Elderly personal needs, cleaning, laundry, shopping, companionship	call Linda 07951 528722
NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers.	498393
OSTEOPATH, Cranial-accidents, back, headache. 01953 789629 e-mail	<a href="mailto:acorns.aylsham.clinical@gmail.com">acorns.aylsham.clinical@gmail.com</a>
OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell	07710 515775 or 532393
PAINTER & DECORATOR Graham Bull over 25 years experience	<a href="mailto:grahambull071@btinternet.com">grahambull071@btinternet.com</a> 482409
PAUL CLARRY PLUMBING & HEATING for all your requirements	07887485676 / 550519
PAWS 4 TRAINING – Puppy, Obedience, Agility Training and Training Workshop	499026 / 07709 539903
PETER MATTHEWSON PLANT HIRE Drainage & Groundworks. Please call for info	482655 / 07850722094

- PIANO LESSONS Bedingham All ages welcome Marian 482746
- PLUMBER: David Millward. Over 30 years' experience all plumbing work 07763 359313 / 498005
- PLUMBING, HEATING, BATHROOMS and More. Here to help with every 'Chore'. Alan 499689/07973967570
- RACKHAMS BUILDING SUPPLIES Glass & keys cut, paint mixed, all building requirements 01379 853885
- RETRACE ANTIQUES We buy good quality antique, vintage & unusual items 01379 608549.
- R.B. COPPING FUNERAL SERVICES, PORINGLAND 494434
- ROSEDALE FUNERAL HOME Beccles & Bungay, a family business 01986 892790/ 01502 714445
- SAFE & SOUND HYGIENE AND PEST CONTROL + garden maintenance 01379 788865 / 07809226109
- SMALL LICENSED BOARDING CATTERY Established 1987 Reasonable rates 530580
- STRATTON CABS Competitive rates, Airports a speciality Freephone 0800 2800430, 532452 / 01379674791
- S.W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming 495528
- THE KITCHEN CENTRE Showroom at 12a Tharston Ind Est. 01508 737477 [www.southnorfolkkitchens.co.uk](http://www.southnorfolkkitchens.co.uk)
- TOPCROFT PILATES CLASS by physio, Laura Sheppard. Mondays 9:30 & 10:45. [www.laura-sheppard.com](http://www.laura-sheppard.com)
- TREE SURGEON NTPC qualified. Alan Bell Call 532393 or 07710 515775
- VETERINARY SERVICES IN YOUR OWN HOME. Less Stress for your pet - Let Rosie come to you. 498718
- WHERRY VETERINARY GROUP Surgeries at Hempnall and Bungay 01986 892771
- WINDOW WONDERLAND: window cleaning services contact Sam Raynes 482679 or 07975579292



### **CHRISTMAS TREES for Sale**

All sizes £4 per foot, Rookery Lane, Topcroft, NR35 2BH. 9am-4.00pm – can deliver. Tel: 01508 482268 or Mobile: 07768 668571.

**PLEASE REMEMBER OUR NEXT ISSUE IS FOR**  
**2 MONTHS**

Copy for the **December/January 2019** issue of Outlook should be delivered/posted to:  
Group Office, The Rectory, The Street, Hempnall, NR15 2AD  
**before 15<sup>th</sup> November**  
or e-mail: [hempnallgroup.office@btinternet.com](mailto:hempnallgroup.office@btinternet.com)