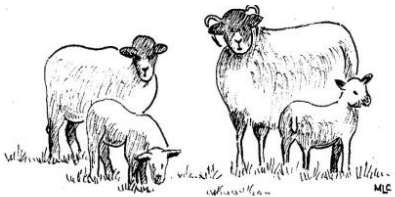


Outlook

October 2018



Serving the parishes of

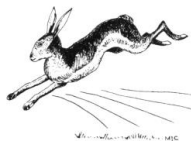
**Bedingham Fritton Hardwick Hempnall
Morningthorpe Shelton Topcroft Woodton**

www.hempnallgroup.co.uk

Hempnall Group Services October 2018

Sunday 7th	Trinity 19	Green
Celebrating with the Animals	10.00am	Bedingham Church
Holy Communion	2.30pm	The Hollies
<i>Readings: to be arranged</i>		
Sunday 14th	Trinity 20	Green
Eucharist BCP	8.00am	Morningthorpe Church
Eucharist	9.30am	Woodton Church
Eucharist	9.30am	Hempnall Church
Eucharist	11.00am	Topcroft Church
Matins	11.00am	Shelton Church
<i>Readings: Amos 5:6-7,10-15, Hebrews 4:12-16, Mark 10:17-31</i>		
Sunday 21st	Trinity 21	Green
Group Iona Eucharist Samaritan's Purse	10.00am	Hempnall Church
<i>Readings: Isaiah 53:4-12, Ephesians 1:15-23, Luke 10:25-37</i>		
Sunday 28th	Last Sunday after Trinity	Green
Eucharist	9.30am	Bedingham Church
Morning Service	9.30am	Hempnall Church
Eucharist	11.00am	Morningthorpe Church
Morning Service	11.00am	Topcroft Church
<i>Readings: Jeremiah 31:7-9, Hebrews 7:23-28, Mark 10:46-52</i>		

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



The Flat, Georges House, The Street, Woodton, Bungay, NR35 2LZ



Dear friends,

This summer I came across the story of Lucy Auge.

Whilst at university studying graphics Lucy became very ill after a fall. She was having seizures every day and thought her life was over. At home recovering her father used to carry her down to the bottom of the garden, as he gardened there. Lucy could not do very much but she began to notice things. She looked, really looked at nature. Later she returned to university and completed her degree.

Lucy had always wanted to be an artist, but no one encouraged her or thought her capable. Deciding she had nothing to lose, she put on an exhibition of her own, inviting anyone she knew. She painted 500 flowers, using Japanese inks on antique paper she found in her godmothers attic dating from the 1920's. She priced her paintings at £40 because, "she wanted people to have something beautiful". Her paintings sold and now she is an established artist working in Bath.

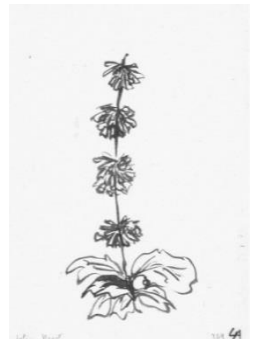
Lucy said of her 500 Flowers Exhibition, "The pictures first to sell out always are the ones of weeds. Those are the ones people really want. I think it's because as soon as you pare them down and strip away everything, you can see the beauty in them. The painting honours them."

Weeds, who wants them? Yes they can harbour disease, and if left they will take ever larger amounts of space, water and nutrients away from our choice plants. We rarely see them as mature plants in their own right. A.A. Milne said, "Weeds are flowers too, once you get to know them." Perhaps we too need to get to know them and appreciate them for their intrinsic beauty.

A single red poppy; a pink Rosebay willow herb growing by the roadside, pink that gives way to feathery seed heads that moves oh so gracefully in the wind.

Sometimes we see people like weeds, not flowers. Each person has their own unique beauty, if we can but look and see.

With love



Events for your diary October

WOODTON & BEDINGHAM MONDAY CLUB

Next meeting **Monday 1st October 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

THE MILL CAFÉ, Hempnall

Coffee and cakes or Lunch.

Why not put these dates in your diary **1st October,**

5th November, 3rd 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 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)



COMPUTER CLASSES at Hempnall Village Hall

Tuesdays 3pm -5pm General help and a happy social gathering.

2nd 9th 16th October We hope to have a tutor appointed soon

ANYONE INTERESTED IN BECOMING TUTOR TO THIS GROUP, and others interested in the class please contact Yvonne Davy 01508 499405 to sign up.

THE HEMPNALL LITTLE ONES playgroup is back in full swing! Come and join us for our usual playtime **every TUESDAY 9.15-11.15am** Hempnall Village Hall £3 per family (1 adult and up to 2 children 0-4yrs) includes snack. No booking required.

Also launching or **NEW Little Ones “LET’S JOIN IN”** sessions, physical play based learning activities including movement/dance, singing, games and more...

(separate sessions for babies and toddlers) **FRIDAYS from 9.30am at Hempnall Mill Centre.** Booking essential, please contact Katie 07940436805 for booking and information or visit our Facebook page.

WEA in Hempnall

Adult education near where you live

HEMPNALL BRANCH

Our Autumn course is **ART HISTORY IN 100 PAINTINGS**, with talented ceramicist and teacher Fiona Fitzgerald. Find out how to make sense of artworks you might find in a gallery. Place up to 100 paintings into a timeline of historical events and changing styles and uncover stories behind each piece.

The seven-week course starts **Wednesday 3rd October, 2.30-4.30pm** in the Nelson Suite at Hempnall Village Hall (no meeting 24th October). Fee £55.00 (fee waived for those on benefits). Call Gill on 499495 for more information.

ENROL for the course on-line at wea.org.uk, or by telephone on 0300 303 3464 (office hours); or call the local branch numbers above.

The Workers' Educational Association is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered office: 4 Luke St, London EC2A.

HEMPNALL W. I. – Hempnall Mill Centre

At our meeting on **Wednesday 3rd October** we welcome Natasha Hood who will be speaking and singing about **“Singing for Health & Well-being”**

New members or visitors are welcome and if you wish to have information about our friendly group please contact Sue Eagle secretary 499559. Our next outing will hopefully be to Earsham Hall for a tour and lunch on 5th October.

HARDWICK AND SHELTON CAFE MORNING

Thursday 4th October 10.30-12,

Hardwick Village Hall.

Come and try some harvest- themed cakes. All very welcome.



FLU CLINICS

OLD MILL & MILLGATES SURGERY will be holding

FLU VACCINATION CLINICS

at Poringland Surgery on **Saturday 6th October from 8am – 12** midday

and at **Hempnall Village Hall** on the morning of **Saturday 17th October 8am - 12.**



If you are eligible and registered at the practice please phone 01508 499333 or 492929 for an appointment.

TOPCROFT PHOTOGRAPHIC COMPETITION: This year's competition will be held on **Saturday 6th October 2018** at Topcroft Church, to raise funds for the church:



Categories this year are:

- 1. A Favourite Animal or Bird;**
- 2. Architecture;**
- 3. East Anglian Waterscape;**
- 4. Echoes of the Past.**

Judging will take place in the morning of the Saturday 6th October and the church will be open for **viewing from 2.30pm**

Any enquiries please phone David and Margaret Ferre - 01508 482562

Celebrating with the Animals

at St Andrew's Church, Bedingham

Sunday 7th October at 10.00am

Why not come along and bring your pet!

All are welcome



THE ARK

at Hempnall Church

Wednesday 10th October 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 10th October** at 7.30 p.m. in Woodton Village Hall.

This month our speaker will be Simon White speaking about the Highlights of Chelsea and Hampton Court. Visitors and new members are always welcome.

For further information please contact Tricia Gunson on: 01508 482543



HARVEST AT SHELTON The Shelton and Hardwick congregation will this year be joining with the **Shelton and Hardwick School** for their Harvest Service on **Thursday 11th October at 11.15am at Shelton Church.**

Do come and join in this special service if you are able.

SATURDAY OCTOBER 13TH QUIZ NIGHT AT TOPCROFT SOCIAL CLUB. 7.30 FOR 8.00PM START

Max. 6 people per team good prizes and lots of fun.

Please ring Christine on 01508 482268 for further info.

Only one quiz this month as we are moving over for the fabulous **SOUL AND MOTOWN NIGHT on the 27th.**



shutterstock · 127205831

HALF MARATHON RUN

Emma and Alice Sargent have dusted off their trainers, sweat bands are in force and with lycra threatened, they have commenced training in preparation for running the Royal Parks Half Marathon in London on **14th October**. They are raising money for the Motor Neurone Disease Association. Any donations would be very much appreciated. These can be made via the just giving page...<https://www.justgiving.com/fundraising/emma-sargent2> or text SARG67 followed by how much you would like to donate (£1, £2, £3, £4, £5 or £10) to 70070"



WOODTON & BEDINGHAM CARPET BOWLS CLUB

Come and join some of your fellow villagers in Woodton Village Hall from 7:30pm on **Wednesday 17th October** when the Carpet Bowls Club are holding an open evening.

Try your hand at bowls, get some light exercise, have a social chat over a cup of tea or coffee. No admission fees or costs just your time is required, you should have fun as we are a friendly un-competitive bunch with just lively banter. For more information contact Michael Osmond-Davis on 01508 482619.

SUNDAY 21ST OCTOBER SALE

At 10.30am to 4.00pm in Woodton Village Hall. **A SALE OF FRAMED AND UNFRAMED ARTWORK, PRINTS AND CARDS** to help raise money for the Nook Children's Hospice Appeal. Prices from £1.00, nothing priced over £50.00. ALL WELCOME.

STEP AEROBICS Thursdays 6.30-7.30pm in Woodton Village Hall, all levels welcome.

ALSO Running Classes – Tuesday mornings and Saturday mornings, for both of the above please call Jacqui tel: 01508 482679 for more information.



GROUP HIRES WITH BORDERHOPPA COMMUNITY

TRANSPORT Did you know that, along with our door-to-door dial a ride and outings service for members, not for profit community groups can hire our minibuses for their own outings. Go to destinations of your choice, visit your favourite places or enjoy shopping trips with your group.

Our requirements are very simple. Your group must register with us as a not for profit organisation, cost of our annual group membership is £15, tell us what your group does and when and where you would like use of a minibus.

If you would like to make a booking or for more information please call 01379 854800, email adminborderhoppa@btconnect.com or visit our website at www.borderhoppa.org

LONG STRATTON MEDICAL PARTNERSHIP - Tel: 01508 530781

Available during October **FLU VACCINATIONS, PNEUMOCOCCAL VACCINATION** (those aged over 65 or with certain long-term medical condition) are eligible to receive a pneumococcal vaccine which protects against pneumococcal infection.

SHINGLES VACCINATION is available on the NHS to people in their 70s.

With any vaccination please speak to our receptionists who will check your eligibility and if appropriate book you an appointment.

Future Events For Your Diary



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)



The Hempnall Group of Parishes

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

POSADA



We will be having Posada again this year!

POSADA - MAKING ROOM FOR JESUS THIS CHRISTMAS in Hempnall, Woodton, Bedingham, Shelton and Hardwick
What is Posada?

Posada is an old Mexican Tradition where young people dressed as Mary and Joseph travelled from house to house in their village asking for a room for the night, telling of the imminent arrival of Jesus. On Christmas Eve they would visit the local church to tell the Christmas story and place the figures of Mary and Joseph in the crib.

The figures made will travel from place to place on their way to church on Christmas Eve.

Would you be willing to give the (unbreakable) 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?

All you need to do is ring Michael 01508 498157 or Liz 01508 482366 by **Friday November 2nd**. We will let you know the day Mary and Joseph will come to stay and where to take them for the next night.

CHRISTMAS CRAFT FAIR

Hempnall Church annual Christmas Craft Fair will be **on Saturday 10th November from 10am to 12 noon at Hempnall Village Hall.**

A large assortment of craft stall.

More details in Novembers outlook.

For more details or anyone who may wish to book a stall please contact Claire Key 01508 499342.



TOPCROFT PARISH COUNCIL MEETING to be held at Topcroft Pavilion on:

Monday 12th November 2018 – 8.15pm

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

topcroftpc@gmail.com Website: topcroftpc.norfolkparishes.gov.uk

~ All Parishioners are welcome ~

HEMPNALL VILLAGE HALL ANNUAL MEETING – ALL WELCOME- OPEN MEETING

It will be held on **Wednesday 28th 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 .Telephone 01508 498960.

OPERATION CHRISTMAS CHILD - SHOE BOX APPEAL



Operation Christmas Child. I can't believe it's already time to ask you all to help make Christmas special for needy children all over the world. Last year the UK sent 678,942 boxes. They went to children in Bosnia, Romania,



Bulgaria and Belarus. For many of these children the shoe box would have been their only gift, a concept I know is very hard for many of us to understand. Every time I ask for your help I am amazed by your generosity. We sent 217 boxes in the end last year from our group of parishes and it would be great if we could do the same this year or even better. Enclosed in your Outlook is a leaflet explaining how to get involved. It does state that things should be new but second hand toys are fine as long as they are in good condition. If you are put off by the £5 asked for towards the cost then please just contribute what you are able to, this used to be £2. Please please get involved. You will probably be surprised what you can find in your toy boxes at home or gloves and hats that your children have outgrown. If you would like to see clips of children opening their boxes please go to www.operationchristmaschild.uk. Thank you all, happy packing.

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 16th December** 9:00am – 11:00am Book early to reserve your table, call Mandy 07772 767116 (Breakfast Club is a Fundraiser for the Village Hall).

Thank you

Cheryl Hewett, Rebecca and Catherine would like to thank the people of Hempnall and beyond for the overwhelming amount of support received following the sad loss of Gary at the end of July. Your kindness has helped us through a very difficult time.

OPERATION FOR ADELAIDA

Adelaida had her operation – both hips replaced, as the old ones were damaged due to Sickle Cell Disease. She is a 23 year old health care worker in Tanzania. The operation was a great success and she returned home at the beginning of September. The team at the Norfolk and Norwich Hospital operated in their spare time, and paid for by private donations. Thank you to all in the Hempnall Group who contributed, we collected £775. Along with other donations all the costs were covered. She was very grateful, and now will be able to walk and work again. *Maggie Kingston*

ANNIVERSARY OF JOHN WESLEY CELEBRATION

A group of us gathered at the War Memorial in Hempnall on Tuesday 4th September to celebrate the 259th anniversary of John Wesley's visit to Hempnall. We sung hymns that were important to John Wesley and Peter Moore gave a very detailed description of the times John Wesley passed through Hempnall on his journeys. Thank you very much to Peter for all the work he put into the day. Thanks also to Maggie for providing well-received refreshments after the service. Here's looking forward to next year's 260th anniversary!

CHILDREN'S SOCIETY BOXES TOTAL

This year we sent £235 .26 to this worthy charity. The Children's Society is UK based and works hard to support vulnerable youngsters. Why not have a box for your small change to help? Jenny Ashcroft has taken on this work and will be glad to let you have a box. Contact phone 01508 499162

Please feel free to write any views you have about the appointment of a new Bishop of Norwich, see below:

VACANCY IN THE SEE OF NORWICH

Following the announcement of the retirement of The Rt Revd Graham James, Bishop of Norwich, the See will become vacant on Friday 1 March, 2019. The main meeting of the Vacancy in See Committee will be held on Tuesday 2 October 2018, with a public consultation being held on Wednesday 3 October, 2018 at 7.30pm in the Weston Room at Norwich Cathedral.

The Crown Nominations Commission will meet on Tuesday 22 January 2019 and on Monday 11 and Tuesday 12 March, 2019 to consider everyone's comments. Should any person wishing to comment on the needs of the diocese or the wider church, or who wishes to propose candidates, or who is unable to attend the public meeting, please write before Wednesday 19 November, 2018 to:

Canon Caroline Boddington

Archbishops' Secretary for Appointments
Second Floor, Church House, London, SW1P 3AZ

Mr Edward Chaplin

Prime Minister's Appointments Secretary
Cabinet Office Horse Guards Road, London SW1A 2HQ
Any letters received will be shared by the two Secretaries.

STUDY OF TIMBER-FRAMED HOUSES

The Norfolk Historic Buildings Group is made up of volunteers who study historic buildings in the county. In the past we have produced Journals on the historic buildings of New Buckenham, Tacolneston and Walsingham and have been examining timber-framed houses in Hempnall over the last few years. Our work can be seen at www.nhbg.org.uk

Hempnall provides an almost unique opportunity, as almost all the timber-framed houses seem to have been built within about 100 years of each other - between 1550 and 1650 - so provide an interesting study of the changes in techniques and styles over this period.

There have been delays in our studies for various reasons, but we are now restarting and would appreciate being allowed to look at some of the houses that we have not already seen. The process only takes a couple of hours and the three or four surveyors are all quite well house-trained.

If you are prepared to let us look at your house for this study, please contact me at ian.hinton222@btinternet.com or on 01603 431311, or speak to Jill Turner at The Chequers, 499344.

Everyone who allows us access will receive a copy of the final printed study. Timber-framed houses in neighbouring parishes would also be of interest to us.



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**

FRIENDS OF BEDINGHAM CHURCH 59 CLUB LATEST WINNERS

No 11. N Taylor. No 48. S Jarvis. No 50. J Read. No 48. J Jarvis. No 44. B Irons.

WOODTON VILLAGE HALL TOTE

September winners: £20 - Number: 1 - I Smith , £10 - Number: 26 - C Futter , £5 - Number: 24 - J Yaxley

Membership to 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.

TO BOOK HEMPSTALL MILL CENTRE

Please telephone 07504 699534 or e-mail: hempnallmillcentre@gmail.com
website: www.hempnallmillcentre.co.uk

Birthdays in October

Children

- * Thomas Brooke who will be 7 on the 1st.
- * Rosanna Brooke who will be 7 on the 1st.
- * Evie Hanner who will be 5 on the 17th.
- * Oscar Wood who will be 12 on the 27th.
- * Emily Pretty who will be 11 on the 30th.



Teenage

- * George Burrough who will be 18 on the 12th.
- * Max Warde-Aldham who will be 17 on the 13th.
- * Louise Starling who will be 16 on the 15th.

CHURCH DIARY

October 2018

Wed 3 rd	2.00pm	Team Council Meeting	Woodlands
Wed 10 th	2.00pm	The Ark Toddler Group	Hempnall Church
Fri 12 th	8.00pm	Home Group	Willow House, Hempnall
Thurs 25 th	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

Thursdays at 8.00am Eucharist at Hempnall Church

From the Registers



Baptism

19th Aug Siraya Debbie Stokes at Shelton Church

19th Aug Edward Michael Buhler Davies at Woodton Church

Ralph Graham Richard Davies at Woodton Church

9th Sept Hugo Isaac Albert Lloyd at Topcroft Church



Weddings

18th Aug Daniel Moppett and Charlotte Wones at Woodton Church



Funerals

21st Aug Gary Hewitt (aged 60) at Hempnall Church

23rd Aug Irene Hanner (aged 91) at Woodton Church

11th Sept Clive Ling (aged 52) at Hardwick Church

13th Sept Janet Lain (nee Clark) (aged 72) at Morningthorpe Church

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 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
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: www.hempnallpc.org
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
NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers.	498393
OSTEOPATH, Cranial-accidents, back, headache. 01953 789629 e-mail 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	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
TOPCROFT PILATES CLASS by physio, Laura Sheppard. Mondays 9:30 & 10:45. 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

To contact us:

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

Copy for the November issue of Outlook should be
delivered/posted to:
Group Office, The Rectory, The Street, Hempnall, NR15 2AD
before 15th October
or e-mail: hempnallgroup.office@btinternet.com