

Outlook

April 2019



**Serving the parishes of
Bedingham Fritton Hardwick Hempnall
Morningthorpe Shelton Topcroft Woodton**

www.hempnallgroup.co.uk

Hempnall Group Services

April 2019

| Sunday 7th | Lent 5 | Purple |
|--|--------------------|----------------------|
| Eucharist BCP | 8.00am | Morningthorpe Church |
| Eucharist | 9.30am | Hempnall Church |
| Eucharist | 11.00am | Topcroft Church |
| Matins | 11.00am | Hardwick Church |
| Lent Reflection | 4.00pm | Topcroft Church |
| <i>Readings: Isaiah 43:16-21, Philippians 3:4b-14, John 12:1-8</i> | | |
| Sunday 14th | Palm Sunday | Red |
| Group Service (walk from Mill Centre) | 10.00am | Hempnall Church |
| Lent Reflection | 4.00pm | Topcroft Church |
| <i>Readings: Passion Readings</i> | | |
| Sunday 21st | Easter Day | Gold or White |
| Easter Vigil | 6.30am | Topcroft Church |
| Eucharist | 9.30am | Woodton Church |
| Eucharist | 9.30am | Hempnall Church |
| Eucharist | 11.00am | Shelton Church |
| Family Eucharist | 11.00am | Fritton Church |
| Easter Morning Service | 11.00am | Topcroft Church |
| Holy Communion | 2.30pm | The Hollies |
| <i>Readings: Acts 10:34-43, 1 Corinthians 15:19-26, John 20:1-18</i> | | |
| Sunday 28th | Easter 2 | White |
| Group Service | 10.00am | Bedingham Church |
| <i>Readings: to be arranged</i> | | |

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



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

Dear Friends,

I read recently about Andrew who lived in a nursing home, with his wife who suffered from dementia. He was 93 – looking more like 65 because of dancing. He helped the nurse care for her, and gently talked to her, but alas she did not respond anymore.

Andrew would reminisce. He talked about fighting in the First World War; losing friends in Gallipoli; his days in the merchant navy; driving the school bus for years; getting gangrene somehow and losing his legs and about coming home from hospital.

He would put a record on and start dancing. His free leg stubs swinging to and fro to the music. How amazing somebody could go through so much in their life and still dance – lose his wife, his friends, his legs and still dance. He was asked if he had any regrets. “I saw the world, had a warm small home, I’m thankful”.

A story of freedom and joy that for some would be difficult to endure.

On that first Easter Morning, God in his love had transformed all powers of death and darkness into the powers of life and light – for all time and for eternity. It’s God’s way of telling us that He is not a distant, remote God, but a God of love and power working in every situation in our lives. Binding up the broken hearted, bringing good news to the oppressed and proclaiming freedom. A transforming and living God who has entered completely into the human condition and died and rose again for each of us.

Easter blessing:

How beautiful is the blossom spilling from the tree,
the hidden primrose and the bluebell ringing out the news.
He is risen, he is alive, we shall live for evermore.
The dark winter is past, the slow, cold, foggy days are over.
May the warmth of your resurrection touch our hearts and minds
as the warmth of the sun blesses our bodies.

Kate McIlhagga

With love

Michael

Events for your diary March

THE MILL CAFÉ, Hempnall COFFEE & LUNCH

1st April and 13th May All welcome.

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 Registered Charity No. 1074433



WOODTON & BEDINGHAM MONDAY CLUB

Next meeting **Monday 1st April** at 2 p.m. Everyone is most welcome, do come and join us for a pleasant social afternoon. For further information please contact Pam Mariner on 01508 483796 or Janet Chadwick on 01508 483996.

HEMPNALL W.I.

Our next meeting will be held at **Hempnall Mill Centre** on **Wednesday 3rd April** at 7.30pm.

Cindy Brookes will be speaking about her **Story of becoming a British citizen and the journey to residency**. Why not come and join us? We are a friendly group and welcome visitors and new members.

For further information please contact Sue Eagle 01508 499559

Keith Skipper event see page 8.



EASTER LILIES St Margaret's Church Hempnall

If you would like to contribute to the Easter Lilies and floral decorations in memory of a loved one, please contact Christine Stone 01508 499472 or Jill Turner 499344. Or you may deliver an envelope containing £2.50 to Christine at Hedge End, Field Lane, Hempnall or to Jill at The Chequers, Mill Road Hempnall by **5th April**. Please mark your envelope with the name of the loved one(s) you wish to remember.

FRIENDS OF HEMPNALL SCHOOL QUIZ AND CHIPS

Friday 5th April 2019 at Hempnall Village Hall. Doors open 7:30pm, Quiz starts 8pm. Licensed Bar and Raffle. Teams of up to 6 people
Cost per head £9 including food (please choose from Fish and Chips, Sausage and Chips, Vegetarian Spring Roll and Chips or Vegetarian Sausage and Chips)

Please contact Laura Johnson (01508 499536 / ljojohns@gmail.com) to enter a team - and have your team name and food choices ready!



TOPCROFT CHURCH SPRING CLEAN. Saturday 6th April starting 10 am.

Welcome as many helpers, if possible, with your cleaning materials, ready for church events through the year. Refreshments will be provided. Thank you.

MILL BAR - HEMPNALL

Spring is here at last. Why not hop, skip, jump and mosey on down to the Mill bar at Hempnall Mill on a Friday and / or Saturday evening.

Every Friday the fish and chip van stops and patrons can eat their food in the hall where we set up tables and chairs for your convenience whilst enjoying a drink from the bar, its very popular. On Saturday evenings we are bringing some entertainment so put these dates in your diary.

Saturday 6th April 7.30pm till late - Gin and Jazz festival with special guest singer Kathy Medlar (Hempnall's own queen of Jazz). Try our vast range of gins and beers etc, enjoy good music as well. No tickets just come along.

Saturday 13th April at 7.30pm - Our popular Karaoke evening's back with another fun packed extravaganza hosted by Mark and Debbie. It's not exactly 'X' factor but it's certainly fun factor. Don't be shy , give it a try!!!

MORE WALKING



The first of the Sunday walks this year is on **April 7th** and will entail a gentle stroll through peaceful countryside along quiet country lanes, public footpaths with no stiles to negotiate and lovely views to enjoy.

The walk starts at Saxlingham Nethergate playing field car park at 2.00pm and will be followed by tea and delicious cakes at St Margaret's Church Hempnall. Everyone is welcome. For any further information please ring Sue and David Banham – 498223.



We would like to invite you to come to:

EASTER PARTY

on Wednesday 10th April

2.00pm-3.30pm at Hempnall Church

There will be:

An Easter Egg Hunt, Crafts, Songs, Story

ALL FAMILIES WELCOME

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting will be on the **10th April** and our speaker will be Dr Mary Fewster with a talk entitled 'A Moving Story'. Visitors and new members are always welcome at our monthly meetings which are held in Woodton Village Hall on the second Wednesday of each month at 7.30 p.m. For further information please contact Tricia Gunson on: 01508 482543

WOODTON & BEDINGHAM CARPET BOWLS

Spring is with us, the evenings will be getting lighter. Why not come and join your local carpet bowls group, we welcome new members and you have an opportunity to learn a new skill. Meetings in April are:

10 April at 2:00pm (Ladies Together in the evening)

17 April at 7:30pm, 24 April at 7:30pm, 01 May at 7:30pm

Come and join us in Woodton Village Hall for a couple of hours with Tea or Coffee and a biscuit at half time. For further information contact Michael Osmond-Davis on 01508 482619.



TOPCROFT PROGRESSIVE SUPPER - SATURDAY

13TH APRIL 6.15pm

Tickets £15 available from Daphne Beckett – tel:
0785 0709297 or

e mail: daphnebeckett@gmail.com

Proceeds raised to St. Margaret's Church Topcroft

SOUL & MOTOWN NIGHT at the Topcroft Social Club

13th April 8:00 – 12:00pm All music played from Vinyl
3 DJ's. Raffle. £5 on the door.

For more info call Kevin on 01508 482647

or look on the Topcroft Social Club Facebook page

In aid of Topcroft Recreation Ground, Charity No. 304095

MORNINGTHORPE AND FRITTON LITTER PICK



We have our annual litter pick on **13th and 14th April**. All equipment will be provided by the Council. We had a great turn out last year and got so much rubbish. We will be meeting at Fritton phone box at 10.00am. We would really appreciate your help and look forward to seeing a good turn out again this year.

Carol McDonnell on behalf of Parish Council – 01508 531629.

FOOD BANK COLLECTIONS

Thank you so much for all the items you have kindly donated, it makes such a difference to families and people in need. Our next collection will be on **Sunday 14th April** at Hempnall Church and **Sunday 5th May** at Woodton Church. Alternatively, donations can be left at the parish office on Monday-Thursday, 9am-1pm. As always, we would be grateful if you could check the sell-by dates. *Thank you.*

BEDINGHAM ANNUAL PARISH MEETING will take place on **Tuesday 16th April** 2019 at 7.30pm in Woodton Village Hall.

All Bedingham Parishioners are most welcome. Light refreshments served after the meeting. This is YOUR chance to find out what goes on in our lovely village. For more information contact the Chairman, Tricia Gunson on 482543.

Come and join us at Topcroft Pavilion for **EASTER BINGO** on **Tuesday 16th April**, 7 for 7.30pm start. Lots of great prizes, hot cross buns and the bar will be open.

EASTER CHARITY BINGO

Easter Charity Bingo on Saturday 20th April 2019 at Hempnall Village Hall.

Doors open at 7pm and eyes down at 7:30pm. Raising funds for the British Biker Relief Foundation.

Ben Ling is running the London Marathon on the 28th April 2019 in loving memory of his Dad, Clive Ling who tragically died on the 28th July 2018 in Belgium while motorbike racing.

Many great prizes to be won on the fun filled evening. Anyone that is unable to attend but would like to donate to a fantastic cause, the JustGiving page is: https://www.justgiving.com/fundraising/benling?utm_id=124

Any donation to the JustGiving page or prizes for the evening would be gratefully received. Any queries please contact Kayleigh Gallant on 07549246352 or Ben Ling on 07812 986886.

THE AGM OF TOPCROFT RECREATION GROUND will be held at Topcroft Pavilion on **Tuesday 23rd April at 7.30**. We are keen to welcome new members to the committee so please come along and hear what is proposed for the Recreation Ground and maybe put forward some new ideas for fundraising or just for some fun social occasions to help get everyone involved. We hope to see you there.



KEITH SKIPPER – SQUIT, WIT & PLENTY MORE...

Keith will be coming to **Hempnall Village Hall on Friday 26th April at 7.30 pm.**

He will be entertaining us and making us laugh with his tales of Norfolk.

Why not come and enjoy a “good ole Norfolk mardle”?

There will also be Norfolk refreshments and a raffle. Tickets £4 are available

from Sue Eagle 01508 499559 email rogersue.eagle@btinternet.com

ALL WELCOME Meeting organised by South Norfolk Group of W.I.s

HEMPNALL CHURCH COFFEE MORNING AND SPRING CRAFT FAIR at Hempnall Church

On Saturday 27th April, 10am to 12noon

Come along for a coffee and refreshments, FREE Admission.

There will be a variety of local crafts, plants, books, cakes, raffle, etc.

For more information or to book a stall please contact Claire Key on

01508 499342.

Donations of raffle prizes, cakes, plants, books etc. would be most welcome – please contact Claire



ST. GEORGE'S DAY BRUNCH, Saturday 27th April 11 - 1pm. £7 for a full English Breakfast with toast tea or coffee.

Everyone welcome to join us for a friendly get together and an enjoyable time.

If you could let me know if you are coming, it would look help with ordering supplies. Please phone Jackie 482 267

SAXLINGHAM NETHERGATE BOWLS CLUB

The club will be having an **Open Day on Saturday 27th April at 1:30pm.**

If you would like to come along and have a go you would be most welcome.

The club is running taster session and coaching for beginners on Monday mornings at 11:00am. Experienced bowlers are welcome too.

Contact: Chris Lacey on 01508 499700

WOODTON VILLAGE HALL - BOARD GAME AFTERNOON

Sunday 28th April. 1-5pm. Recommended age 7+

There will be a wide selection of games to choose from including Ticket to Ride, Pandemic, Sequence, Rummikub, Labrynth, Blokus, Pay Day, Quirkle, Codenames and many more. Free tea/coffee/biscuits. Feel free to bring your own food and beverages. If you have your own board game that you would like to share - bring it along!

Thank you

WOODTON PLAYING FIELD ASSOCIATION

Thank you to all those who responded to our recent village survey. Of those circulated 43% replied. 90% of those did so favourably which is a good result. However, we would be very pleased to hear from anyone who would be prepared to help as a volunteer to maintain the running of the field. Without this help, there is a danger this valuable facility might have to close in the future. *Christine Taylor Chairwoman Contact: chrismal1950@hotmail.co.uk*
Jane Bond Secretary 01508 518007.

HEMPNALL WORLD DAY OF PRAYER SERVICE

Twenty people, including six men came to the service from Slovenia with the theme 'Come Everything is Ready.' We had a lunch first eating Slovenia-type food. All enjoyed the time together to learn more about Slovenia and to consider those who are marginalised, on the edge of society. We thanked God for the food He has given us, and thought of ways we could share with those who have little. We were also reminded to respond to God's call, so we can enjoy life in His Kingdom, where all are invited. Thank you to all who provided food for lunch, took part in the service and gave money to the charity. Altogether we collected £149.16 to be used across the world. Thank you. *Maggie Kingston*

THIS CHRISTIAN AID WEEK, 12-18 May, our group of churches will be, once more helping to deliver the now familiar envelopes for a House to House collection. Any help will be much appreciated- call the office 498157 or 01508 499405

Christian Aid Week: 'All mums should live'

Sierra Leone is the world's most dangerous place to become a mum. Every day 10 women die from giving birth. In Sawula district, the community struggle with a clinic which has no electricity and only two delivery beds.

Jebbeh is heavily pregnant but as her baby grows, it's not joy that fills her heart, but fear. When Jebbeh's sister Fatmata went in to labour, there were so few ambulances that Fatmata had no choice but to walk for three hours under the baking sun, to the nearest hospital. The journey was long and with every step Fatmata struggled to keep walking.

Jebbeh told us: 'My sister was crying out with hunger. She died on the side of the road. She never gave birth.'

This Christian Aid Week, together, we can make childbirth safe for mums and babies. Through our gifts and prayers, we can help give the world's poorest mums a chance to live.

Stand with mums

LENT AND EASTER 2019



is our Lent Charity for 2019: Mission

Direct is a small Christian Charity based at Hitchin. There are very few admin staff and the project leaders are all volunteers Brian and I have been involved with them since 2010. They never rush into a country and tell them what they need; they look for small building projects already up and running and join with the local workers, and the funds we raise go direct to the project (hence the name) so there is no chance of it being misused. We have seen the need and seen the difference that Mission Direct makes to small struggling projects. A school up in the mountains, a refuge for young girls, community centres where people can be safe and receive training, a maternity hospital for low class women, and so much more. Therefore, we are so pleased that The Hempsall Group of Churches have chosen Mission Direct as their Lent Appeal. If you would like to hear more we are giving a short presentation at the group service Fritton Church on March 3rd 10am.



If you would like to help us support **Mission Direct** please collect any spare change you have in a jam jar, every penny helps! Please hand your jam jar into the office by Sunday 5th May.

LENT EVENING REFLECTIONS – Sundays 7th & 14th April 4pm at Topcroft Church We will be looking at Lent through a book 'At Home in Lent' by Gordon Giles. This encourages us to consider our journey of Faith in the light of the Easter Story. He looks at different household objects gleaning spiritual lessons from their use and history.

LENT LUNCHEES IN AID OF CHRISTIAN AID

Lent lunches will be held in our villages, 1.00pm-2.00pm. If possible please could you let the contact know if you would like to attend, for catering purposes – or just turn up.



Wed 3rd April Fritton & Morningthorpe Lent Lunch at Nicki Warde-Aldam's, The Old Rectory, Morningthorpe – 01508 532187.

Tues 9th April Woodton Lent Lunch at Janis Butler's, East View, Hempnall Road, Woodton -01508 482451

Palm Sunday Sunday 14th April

10.00am Group Eucharist at Hempnall Church, start walking from The Mill Centre at 10am. 4.00pm Lent Reflection at Topcroft Church

Holy Week

Monday 15th April Eucharist 6.30pm at Hempnall Church

Tuesday 16th April Eucharist 6.30pm at Hempnall Church

Wednesday 17th April Eucharist 6.30pm at Hempnall Church

Thursday 18th April Maundy Thursday

11.00am Chrism Service at Norwich Cathedral

6.30pm Eucharist with Vigil at Topcroft Church

Friday 19th April Good Friday

10.30am Family Service at Hempnall Church

2.00pm Reflection at Morningthorpe Church

6.30pm Quiet Meditation at Bedingham Church

Sunday 21st April – EASTER DAY



6.30am Easter Vigil at Topcroft Church

We wait for the dawn of this new day with a vigil of readings and music, the lighting of the Easter Candle, renewal of baptism promises and celebration of the Eucharist, followed by breakfast.

EASTER DAY SERVICES Cont...

9.30am Eucharist at Woodton Church
9.30am Eucharist at Hempnall Church
11.00am Eucharist at Shelton Church
11.00am Family Eucharist at Fritton Church
11.00am Easter Morning Service at Topcroft Church

2.30pm Holy Communion at The Hollies

If you would like to receive Communion at home, please contact Michael on 498157 or Liz on 482366



Future Events For Your Diary

CAR BOOT SALE on Woodton Playing Field **Saturday 4th May** beside the Primary School. On the B1332. NR35 2NB. Gates open 9.am. Stall holders can arrive 8.am. £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.

HEMPNALL ART CLUB

What an interesting few weeks we have had at our club.

Gemma our resident life model posed as a builder, complete with step ladder and hard hat for our life drawing.

Nigel prepared slices of an old yew tree, which we all chose a design to paint, using acrylics or oil, the end result ranged from a Christmas decoration to a house plaque.

We were also singing and painting “The Yellow Submarine”, some of us reminisced about the “Blue Meanies” while some of our younger members had a learning experience of “Pepperland”, the evening workshop was arranged by Adrian, which was titled “Acrylics”, we learnt what they are, when they were invented and a lively discussion of when and where they are best to use and why. You can see some of our efforts on our Facebook page.

We have lots of events coming up. Our **Annual Exhibition is on the 4th and 5th May in Hempnall Village Hall 10.30 to 4pm.**

On June 1st we are heading off to Saxlingham for a day “Painting in the Garden”.

On June 29th we have hired a coach and are off to Constable Country, visiting Flatford Mill. Then on to The Munnings Art Museum to see a collection of Sir Alfred Munnings work on loan from Canada for a very special exhibition. The Art Club Meets 3 times a week, Monday afternoons, Tuesday Mornings and Tuesday Evenings.

If you would like any more information, please telephone Tina on 01508499376 or contact Christine, email address is christine@tunmore.plus.com

HARDWICK CHURCH
Saturday 4 May 10.00 – 12.30
BOOK SALE



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

**also PLANTS, CARDS, REFRESHMENTS,
BRIC-A-BRAC, TOMBOLA and RAFFLE...**

Proceeds in aid of Hardwick and Shelton Churches

*Donations of books/bric a brac/ raffle prizes welcome, to be left, please, in back
of Hardwick Church by 1 May*

SEETHING CHURCH FLOWER FESTIVAL (NR15 1DJ) -May 4th 5th and 6th
'Inventions and Discoveries' 10.00am to 5.00pm. Songs of praise Sunday 5th at 6.00pm.

You are invited to join us in our



FAMILY PRAISE SERVICE

A monthly gathering for family friendly praise and
teaching in **Hempnall Church**
on Sunday 5th May - 4.00pm

All are welcome. We would love to see you there

THOUGHTS ON FAMILY PRAISE SERVICE LAST MONTH

I thought I'd investigate this new monthly service at Hempnall Church. There were 8 adults and 5 children in March, and the theme was "Jesus – the Light of the World."

I was expecting something simple – a talk about candles or torches. What we got was a mind-blowing science lesson of creation of dark and light. We were

reminded that God shines that light in the hearts of all who believe, and shows his love for us through Jesus – amazing!

First there was a craft activity, then songs old and new, ending with a team game. We listened to a bible passage, and then prayed, thanking God for his powerful light and his personal love for us. At the end there was a welcome drink and biscuits.

I do recommend this relaxed informal service – all welcome young and old. You'll enjoy the time and meet some lovely people too.

The next dates are **5th May, 2nd June and 7th July at 4.00pm** at Hempnall Church.
Maggie Kingston

WALKS AND AFTERNOON TEA – Do you like one or both of these? If so, come and join us **on Sunday 12 May** for a 4.5 mile or shorter walk around beautiful countryside in Shotesham, taking in part of the Boudicca Way. **The walk starts at All Saints Church, Shotesham at 2 pm.** The walk will be followed by afternoon tea. For further information contact Daphne Littleboy 01508 494318.

There will be a **BACON BUTTY BRUNCH** with a vegetarian option, eat in or Take Away at **The Chequers, Mill Road, Hempnall on Friday 17th May** 9.30 am-12 noon. Also Plants, Books and Produce. Contact Jill Turner 499344 for further information.

TOPCROFT OPEN GARDENS - Sunday May 26 and Monday 27 May. 11.00am to 5.00pm. An advance date for your diaries. Although gardening is not too inviting at the

moment the spring flowers are peeping through so it will not be long, so why not consider opening your garden again this summer or coming on board for the first time - new gardens are always most welcome small or large. For further details email daphnebeckett@gmail.com



QUIET MORNING at Diss Rectory – **Wednesday 29th May, 10am for 10.30am**

Do you feel like having some time for yourself just to relax and reflect?

Then why not come along. Bring and share lunch, everyone welcome.

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

MEMORIES AND STORIES OF THE WORLD WARS AND OTHER CONFLICTS

St Andrews Church, Bedingham is hosting an event to commemorate the signing of The Treaty of Versailles on **Saturday 29th June** with displays of war memories and in the evening with a talk by Andrew Macdonald and Jason Kercher about the First World War.

If you have a story in your family you would like help with or you would like more information on this event then please get in touch with Rachel Shreeve (499128) and do come along to this event.

TOPCROFT PHOTOGRAPHIC COMPETITION: This year's competition will be held on **Saturday 5th October 2019** at Topcroft Church, to raise funds for the church: **Categories** this year will be:

1. Reflections; 2. Flora and Fauna; 3. The Seasons; 4. A Coastal Scene

You may enter up to four photographs per category. Entry fee 50pence per photograph. Photographs should be no larger than 12" x 8" (A4) and be in a simple mount. No professional photographers please. Entries must not have been offered for sale or have won other competitions. Details relating to entry will be in the September edition of Outlook. (Enquiries to David and Margaret Ferre – Tel. 01508 482562).

THE VIDIAL TRUST

Rev Pat Atkinson has visited India for the 54th time, almost 29 years since she made her first trip. Since that initial visit she has set up a charity, the Vidiyal Trust, which has saved lives and changed the future of thousands. It was 1990 when Pat first fell in love with the people living on the streets of Madarai in Southern India's Tamil Nadu. She encountered prejudice as a Christian, people regularly threw stones at her. Pat says, wherever she goes now she is made welcome.

Pat's work in India started with street children. Today the charity's tuition centres provide 150 street children with extra tuition morning and evening, breakfast, evening snacks, weekend activities, clothes and the opportunity to go on to higher education or vocational training. Through this 140 former street children have now gained university degrees including a dress designer, a global I.T. specialist and 2 of Vidiyal Trust's full-time staff who have Masters qualifications.

The charity has also built its own 42 bed residential home for the elderly people who would otherwise be living destitute and with health problems on the street. Pat says, it could not have happened without considerable support from Norfolk individuals and churches.

LONG STRATTON MEDICAL PARTNERSHIP

April is bowel cancer awareness month. The sooner it is caught, the easier it is to treat. Please book an appointment for review. More information can be found at Bowel Cancer UK or on the NHS website. **Information Event – organised by your Patient Participation Group:** Learn more about your stomach

and bowels from Dr Mark Tremelling. Free, all welcome. Tuesday 2nd April 2019, 7.00pm – 9.00pm, Long Stratton High School. Dr Lara Douglass Tel: 01508 530781.



TOOLS WITH A MISSION – If you have any unwanted gardening tools, workshop tools or sewing machines TWAM can refurbish them and send them to people overseas so they can earn a living. Just Google TWAM to see their website.

Please phone Keith Lain on 01508 470620 to arrange delivery or collection.



The Borderhoppa 2019 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches,

garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office and we'll post one to you.

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. 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

WOODTON VILLAGE HALL TOTE - March winners:

£20 - No: 2 - E Beveridge , £10 - No: 21 - J Painter, £5 - No: 49 - D Rayner

BEDINGHAM 59 CLUB – Latest winners:

No. 45 V Thomas. No. 45 V Thomas. No 20 B Seaman. No 12. K Irons.
No 12. K Irons. 57. N Smith. 54. A Philips. No 2 B Jarvis. No. 38. K Ripley.

LONG STRATTON LEISURE CENTRE is now open after a grand refurbishment!

For details of events/classes phone: 531444, or email lslc@s-norfolk.gov.uk

HEMPNALL MILL CENTRE

Bookings 07504 699534

hempnallmillcentre@gmail.com

www.hempnallmillcentre.co.uk

DID YOU KNOW you can now find information on **The Hempnall Trust** on our website: www.hempnalltrust.org

Birthdays in April



Happy Birthday to:

Children:

- * Hector Albert Keal who will be 4 on the 1st
- * Millie Hanner who will be 9 on the 2nd
- * Matthew James Buck who will be 8 on the 12th
- * Elliot Storey who will be 6 on the 12th
- * Harriet Rush who will be 7 on the 20th
- * Leocadia Wood who will be 8 on the 27th
- * Betty Rose Keal who will be 7 on the 28th

Teenage:

- * Fern Broom who will be 18 on the 1st
- * Harry DJ Shreeve who will be 13 on the 9th
- * Eleanor Pretty who will be 13 on the 14th
- * Alessandro Maruca who will be 17 on the 18th



From the Registers

Funerals

- 5th Mar Jennifer Dickenson aged 82 at Beccles Crematorium
- 15th Mar Derek Keeler aged 73 at Earlham Crematorium



CHURCH DIARY

April 2019

| | | | |
|------------------------|---------|--------------------------------------|---------------------------------------|
| Tues 2 nd | 6.00pm | Fritton & Morningthorpe PCC AGM | Friars Farm Barn |
| Wed 3 rd | 1.00pm | Fritton & Morningthorpe Lent Lunch | Nicki Warde-Aldam's, The Old Rectory |
| Wed 3 rd | 7.00pm | Woodton PCC AGM | Woodton Village Hall |
| Thurs 4 th | 7.00pm | Topcroft PCC AGM | Topcroft Pavilion |
| Sat 6 th | 10.00am | Topcroft Church Spring Clean | Topcroft Church |
| Sun 7 th | 2.00pm | Church walk at Saxlingham Nethergate | Meet at Sax. Nethergate Playing field |
| Tues 9 th | 1.00pm | Woodton lent Lunch | Butler's, Eastview |
| Tues 9 th | 7.00pm | Hardwick & Shelton PCC AGM | Hardwick Church |
| Wed 10 th | 2.00pm | The Ark Toddler Group | Hempnall Church |
| | 7.00pm | Bedingham PCC AGM | The Flat |
| Thurs 26 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

If you wish to contact us:

Michael Kingston – Team Rector 01508 498157

Liz Billett – Team Vicar 01508 482366

Jackie Cook – Reader 01362 288195

Church Office, open Mon-Thurs 9am-1pm 01508 498157



ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ACRYLIC AND GEL NAILS, coming soon spray tans and eyelash extensions Alice 498655 / 07872 366756

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

ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation 498805

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

CHESS Teaching at all levels. Martin Walker (01508) 492471 email: martinwalker723@gmail.com

CHIMNEY SWEEP-Guild of Master Sweeps-Clean & Friendly-Smoke Test/Certificates Dave 07835 757528

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: www.hempnallpc.org

HOME DOG BOARDING day care, dog walks, contact Jambo Janes Pet Care Service 07748 854308/530259

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 reception@norfolkost.co.uk

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

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

More Adverts inside back cover

| | | |
|---|------------------------------------|---------------|
| 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 | |
| RABBIT & GUINEA PIG BOARDING: Emma's Holiday Hutches, Woodton | | 07708 044949 |
| 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 | |

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

